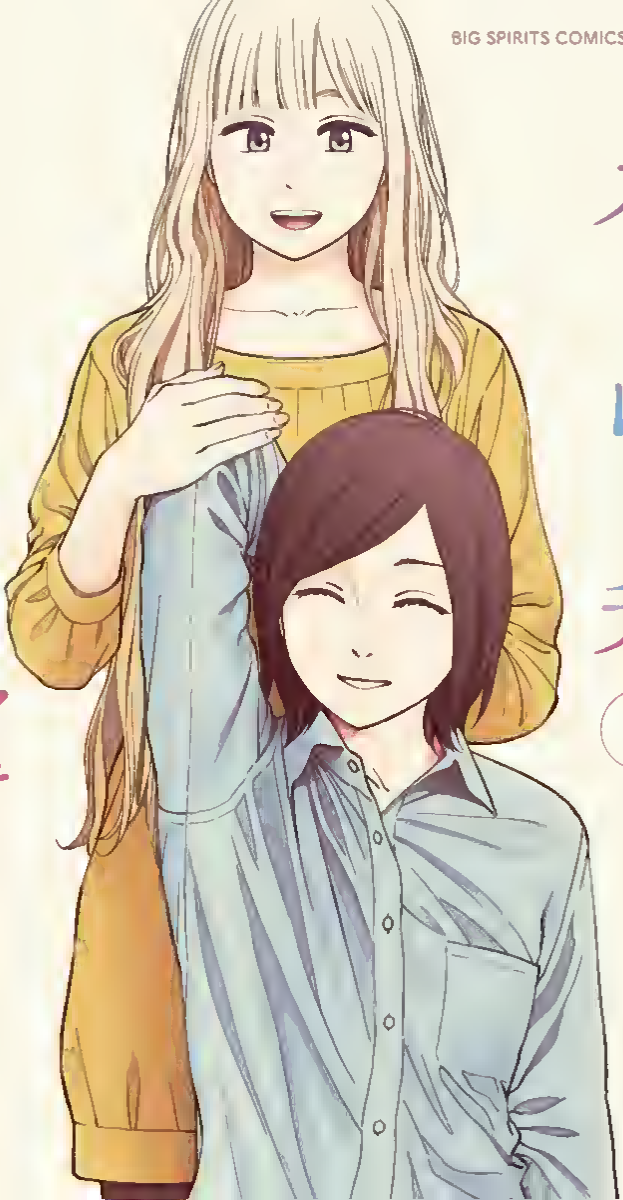
BIG SPIRITS COMICS SPECIAL

ストレッチ

4

アキリ



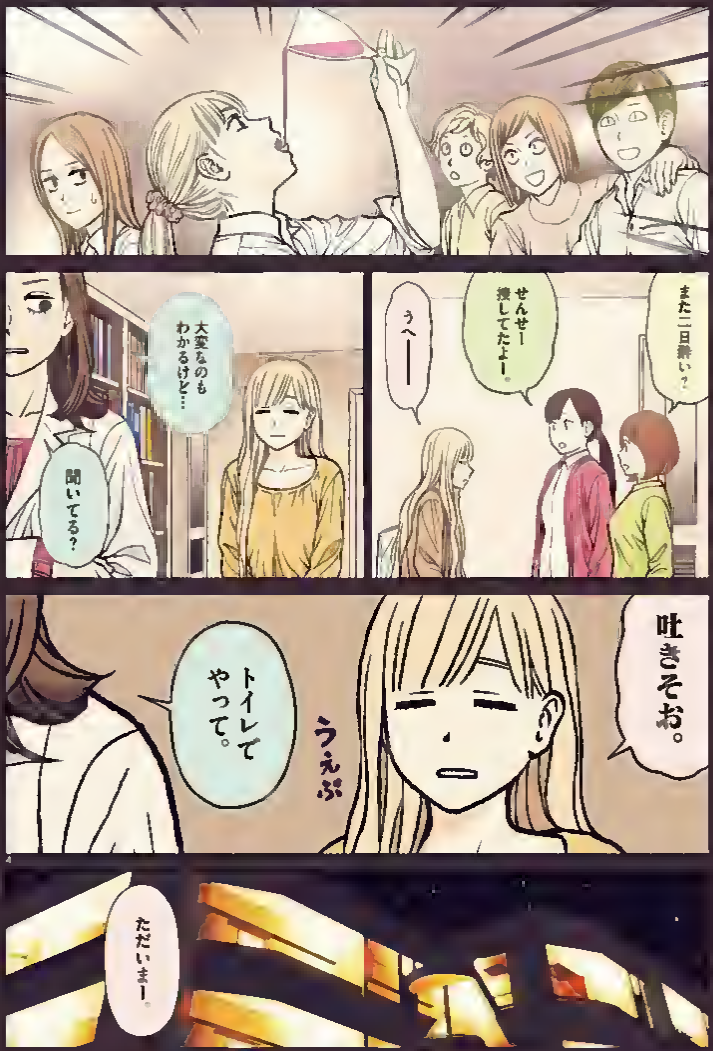
Go to next page

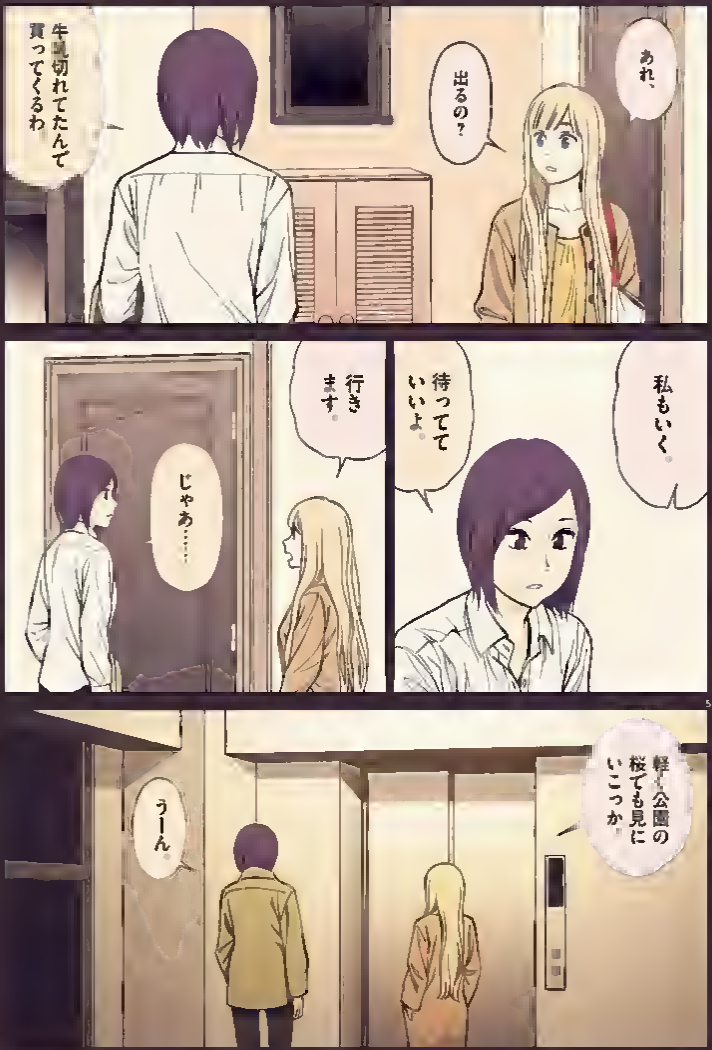
Go to next page

ストレッチ④アキリ

慧子さん。
例の報告書まだっすか。
あれっ。
ごめん！
いかんいかん
すっかり忘れてた
小松くーーーーーん
クレーム対応いくぞ。
はいっ!!
うわ～～～～～
やだよ～～～～～
事後
慧子さん！報告書、18時までにくださいねくん!!
ハァ
ハァ…
う――い。

はぁ……
はぁ……


また二日酔い？
せんせー
捜してたよー。
うへー
大変なのも
わかるけど…
聞いてる？
吐きそお。
うぇぷ
トイレで
やって。
ただいまー。


あれ、
出るの？
牛乳切れてたんで
買ってくるわ
私もいく。
待ってて
いいよ。
行き
ます。
じゃあ……
軽く公園の
桜でも見に
いこっか。
うーん。

やっぱいいねえ。
ねー
ぐび

なに買ってんのかと思ったら…
のむ？
はぁ。
ふう。

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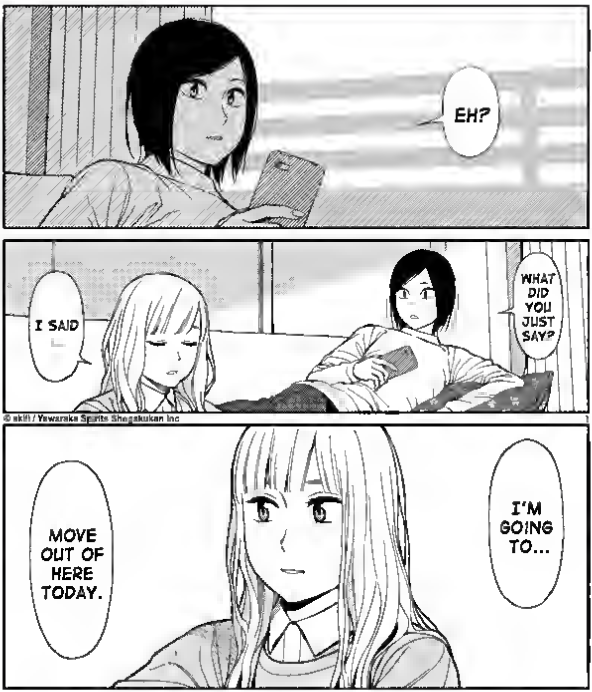

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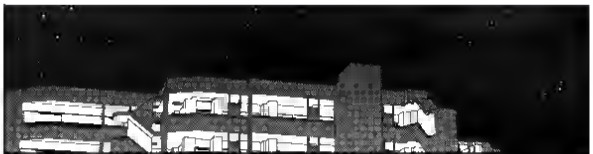

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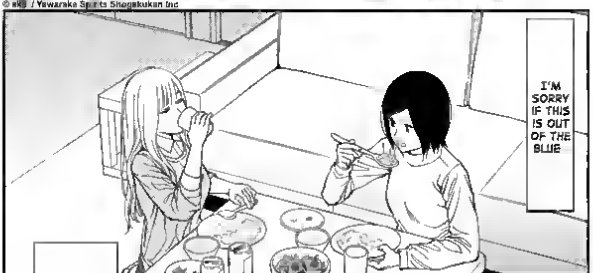

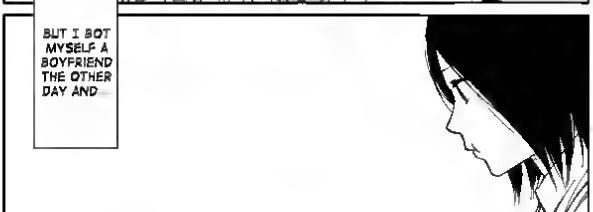

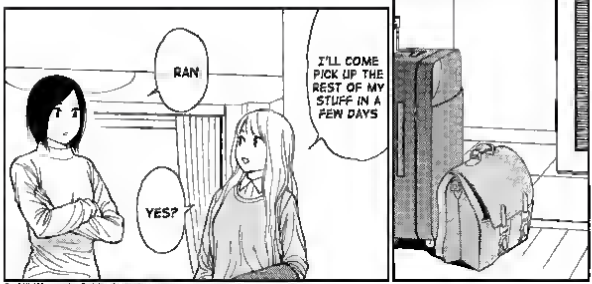

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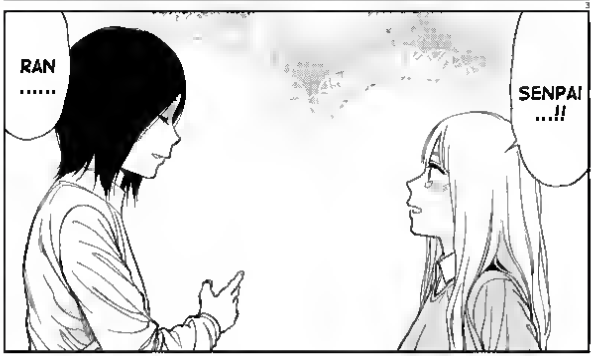

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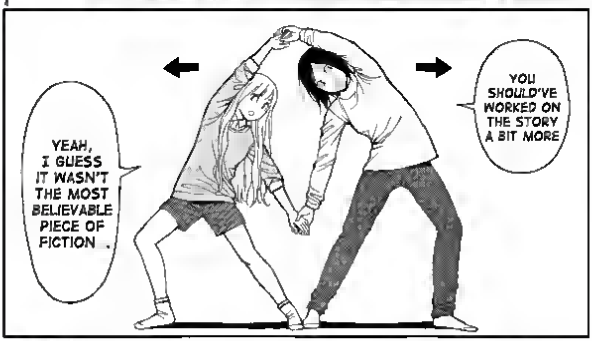

❶ Latissimus dorsi etc stretch
10 sec

I Stand next to your partner with your legs wide apart and your left foot right next to your partner's right foot
II Clasp your hands with your partner's hands and pull

❷ Triceps brachii / Biceps brachii stretch 10 sec

I. Hold your partner's wrists and twist them inward.
II Hold your partner's wrists and twist them outward.

HAHAHA YEAH, RIGHT!

I DIDN'T MAKE UP THE BOY-FRIEND BIT THOUGH.

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'COURSE I AM ♥

YOU'RE KIDDING, RIGHT?

❹ Hamstrings stretch 10 sec

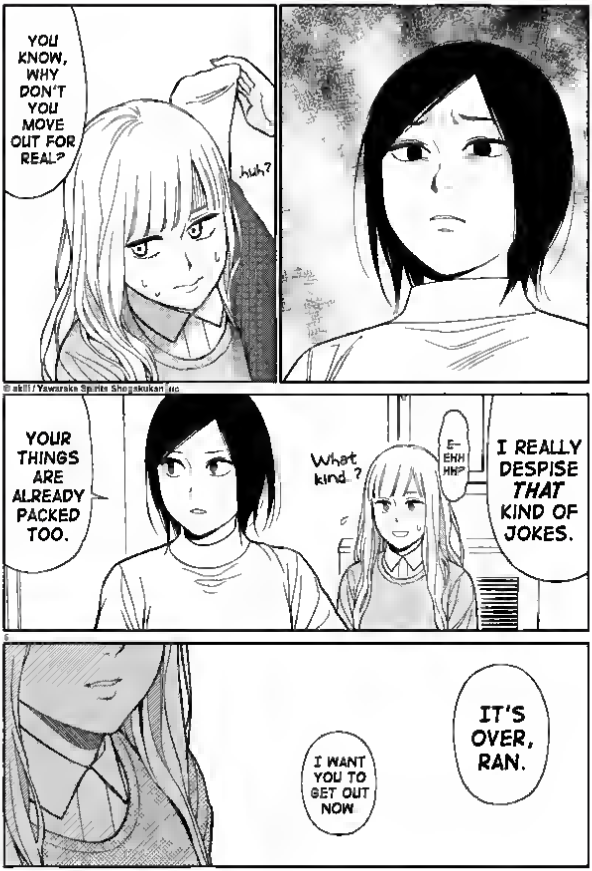
I. Pin your partner's leg down to your shoulder
II Grab your partner's toes and dorsiflex their ankle

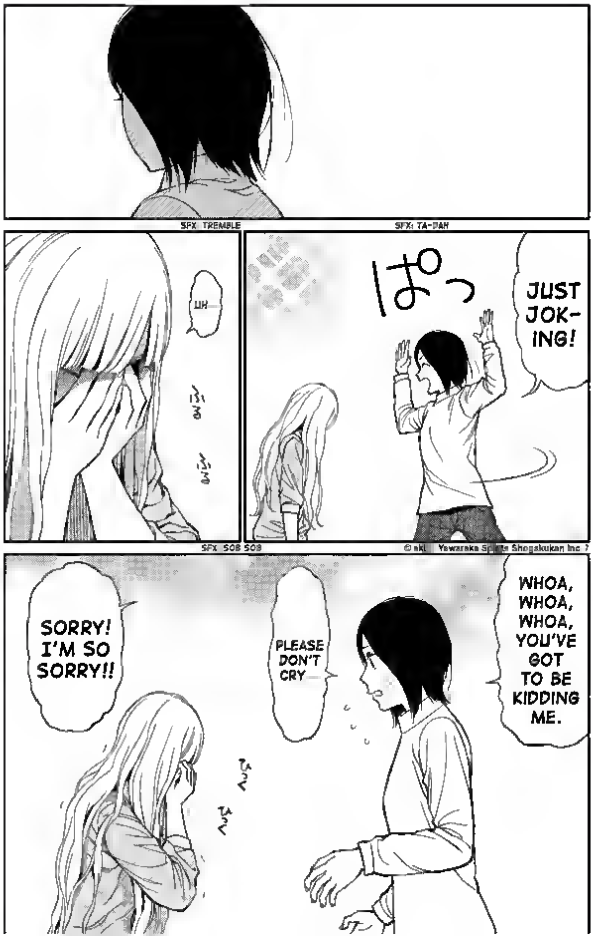
AHAHA HAHAHA

※ Your partner should try not to lean forward

❸ Quadriceps Iliopsoas stretch 10 sec

I. Lift your partner's leg and support their knee from behind
II Hold your partner's ankle with your free hand and push their heel to their buttocks


YOU KNOW, WHY DON'T YOU MOVE OUT FOR REAL?
huh?
© akiI / Yawaraka Spirits Shogakukan Inc.
YOUR THINGS ARE ALREADY PACKED TOO.
What kind?
E-EHH HH?
I REALLY DESPISE THAT KIND OF JOKES.
6
I WANT YOU TO GET OUT NOW
IT'S OVER, RAN.


SFX: TREMBLE
SFX: TA-DAN
JUST JOK-ING!
ぽっ
UH—
SFX: SOB SOB
© aki Yawaraka Spirits Shogakukan Inc.
WHOA, WHOA, WHOA, YOU'VE GOT TO BE KIDDING ME.
PLEASE DON'T CRY—
SORRY! I'M SO SORRY!!

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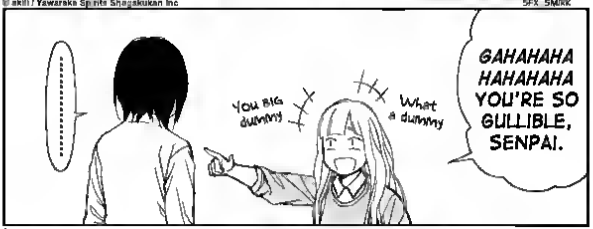
SFX: SNRK



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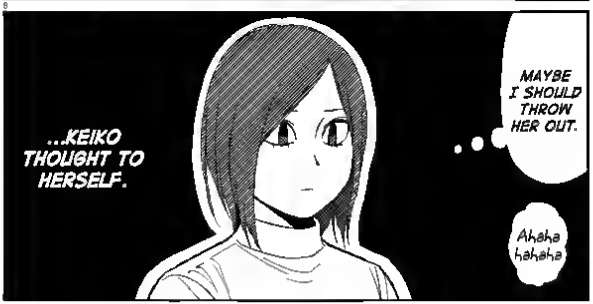
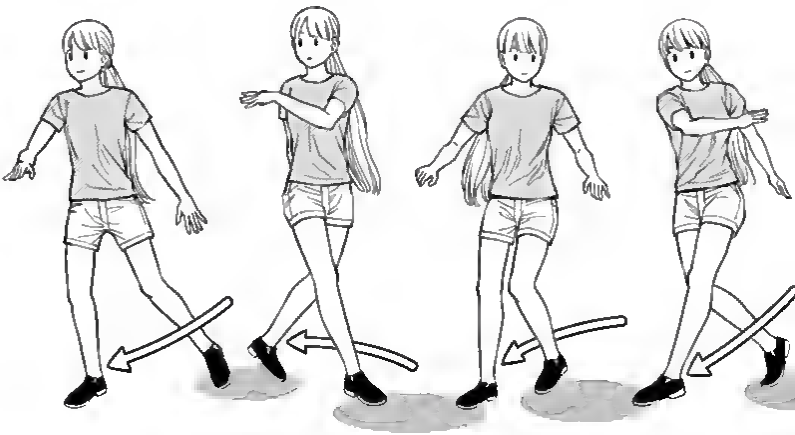


★ダイナミックストレッチ①
カリオカ



股関節回旋筋の可動域を広げます。ちょこまかと足をさばく横への動きがキュート。あなたの究極のリズム感が試される？

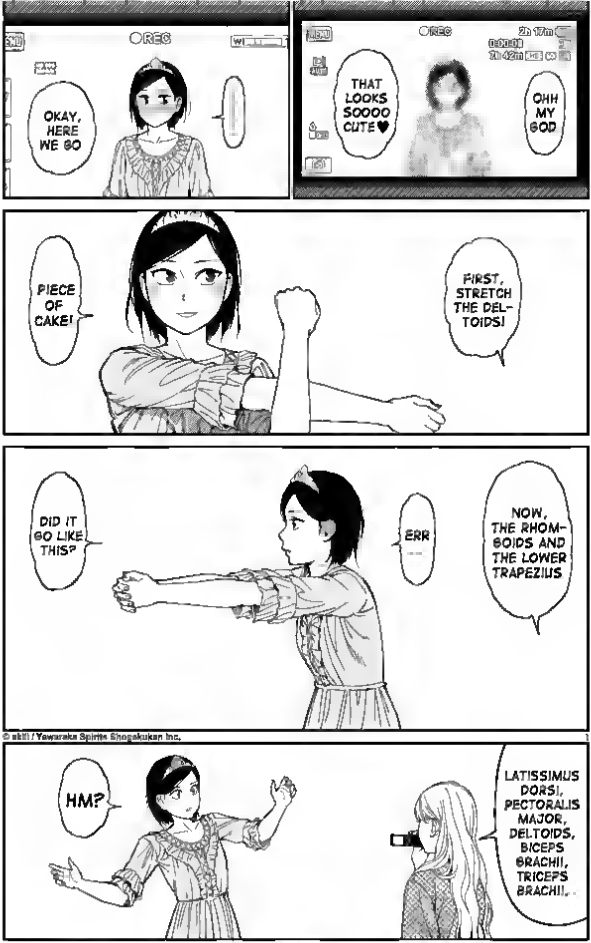
※「ダイナミックストレッチ」とは、動きのなかで行うストレッチのこと。
ジョギングやスポーツなどの本運動前に行うと、ウォームアップも含めた大きな効果があります。

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

33

アキリ
akili



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SFX: BANG
10 minutes ago
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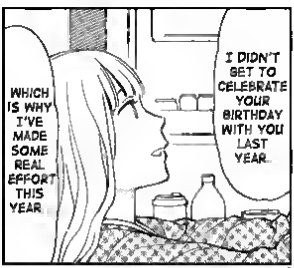
WOW, ALL RIGHT!
NOW, HURRY UP AND TAKE A SEAT!
OHHH!
HAPPY BIRTH-DAY!
THANK YOU!
2
AH, YOU DO?
BUT NO WORRIES, I HAVE HER PRESENT FOR YOU
I KNOW. SHE JUST E-MAILED ME ABOUT IT.
AH, SAKI-SENPAI SAID SHE CAN'T COME TODAY.



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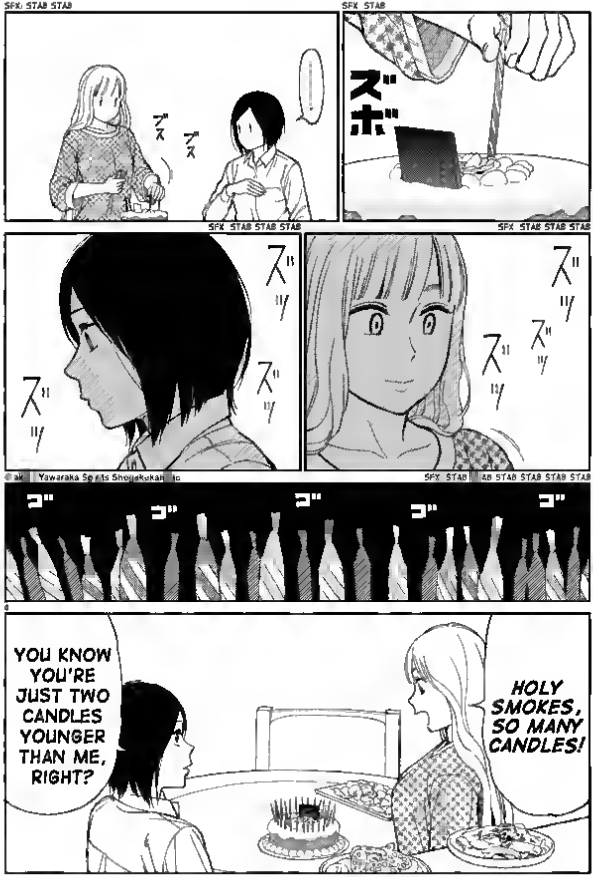
SFX: STAB STAB
SFX: STAB
ズボ
SFX: STAB STAB STAB
SFX: STAB STAB STAB
SFX: STAB STAB STAB STAB STAB
YOU KNOW YOU'RE JUST TWO CANDLES YOUNGER THAN ME, RIGHT?
HOLY SMOKES, SO MANY CANDLES!

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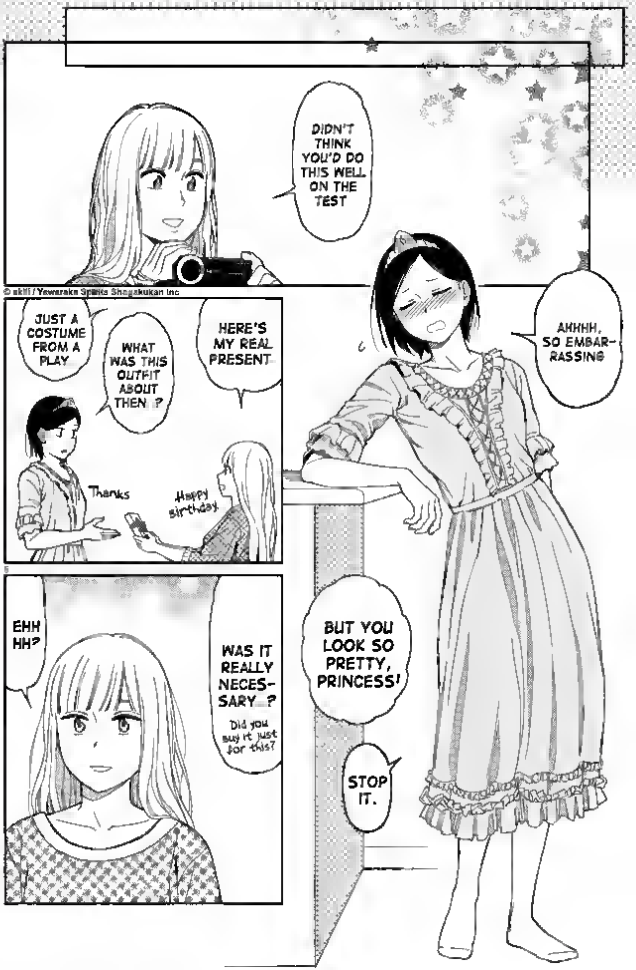
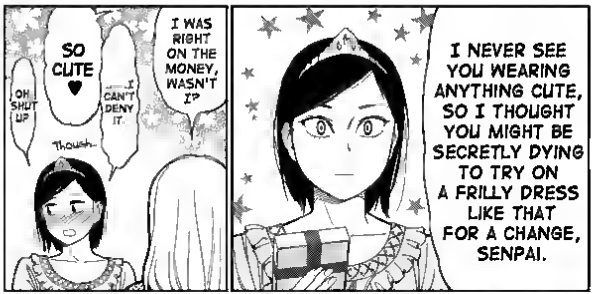

DIDN'T THINK YOU'D DO THIS WELL ON THE TEST
© akiii / Yowarake Sparks Shogakukan Inc
AHHHH, SO EMBARRASSING
BUT YOU LOOK SO PRETTY, PRINCESS!
STOP IT.
JUST A COSTUME FROM A PLAY
WHAT WAS THIS OUTFIT ABOUT THEN...?
HERE'S MY REAL PRESENT
Thanks
Happy birthday
EHHHH?
WAS IT REALLY NECESSARY...?
Did you buy it just for this?


I NEVER SEE YOU WEARING ANYTHING CUTE, SO I THOUGHT YOU MIGHT BE SECRETLY DYING TO TRY ON A FRILLY DRESS LIKE THAT FOR A CHANGE, SENPAI.
I WAS RIGHT ON THE MONEY, WASN'T I?
I CAN'T DENY IT.
SO CUTE ♥
OH, SHUT UP
Thwush

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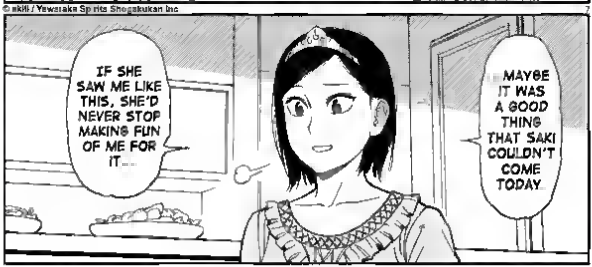
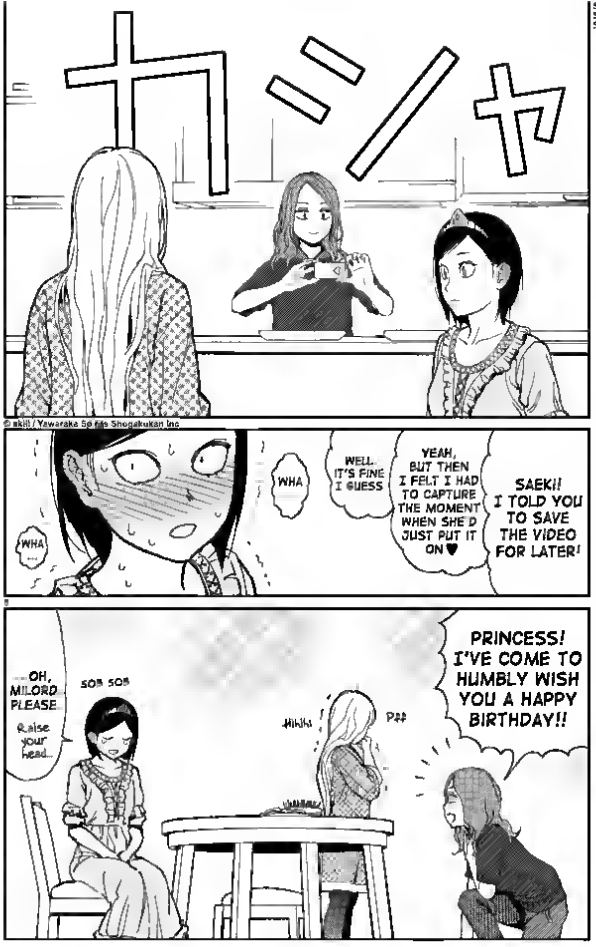



SFX
SHUTTER
SOUND
カシャ
© akiti / Yawaraka Spirits Shogakukan Inc
WHA
WELL, IT'S FINE I GUESS
YEAH, BUT THEN I FELT I HAD TO CAPTURE THE MOMENT WHEN SHE'D JUST PUT IT ON♥
SAEKI! I TOLD YOU TO SAVE THE VIDEO FOR LATER!
WHA...
PRINCESS! I'VE COME TO HUMBLY WISH YOU A HAPPY BIRTHDAY!!
Pff
Hihihi
SOS SOS
...OH, MILORD PLEASE
Raise your head.

★ダイナミックストレッチ②
ハイ・ニー・ラン

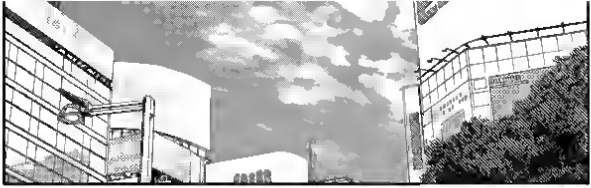
腿上げランニングで足腰の柔軟性を高めます。ヒールを美しく履くために、脚線美を保つために、今日からやってみるか。

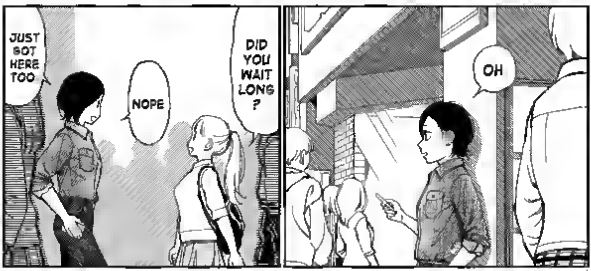
BIG SPIRITS COMICS SPECIAL

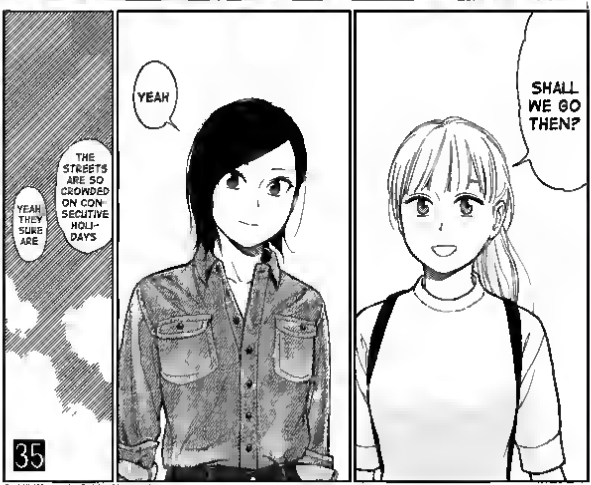
Stretch
ストレッチ

34

アキリ
akili







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THANKS FOR THE MEAL!!
YOU'RE WELCOME
IT WAS GOOD, WASN'T IT?
YEAH!
I SEE YOU'RE USING THE WALLET I GAVE YOU ♥
SURE.
I'VE GROWN VERY FOND OF IT
GLAD TO HEAR THAT
NOW THEN, WHERE SHALL WE GO NEXT?

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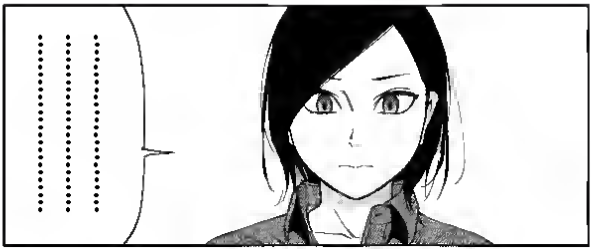

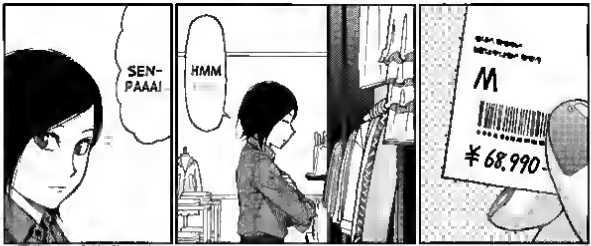

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T/L NOTE: RAN'S T-SHIRT SAYS "π OTSU" (READ "PAIOTSU"), A REVERSE OF "OPPAI", THE JAPANESE WORD FOR "BOOBS"

AH, THERE YOU ARE
"100 WAYS TO SAVE FOR OLD AGE FOR DUMMIES"
IT'S NEVER TOO EARLY YOU KNOW?
WHY ARE YOU ALREADY WORRIED ABOUT THAT?
I WAS WONDERING WHAT YOU'RE LOOKING AT
BUT I WANT YOU TO LIKE THE THINGS I LIKE.....
ALRIGHT, ALRIGHT, I GET IT. LET ME SEE.
I DON'T READ ANY NOVELS IT JUST FEELS LIKE A WASTE OF TIME.
SENPAI, WHY DON'T YOU GIVE THESE A READ INSTEAD? THEY WILL HELP YOU STRETCH YOUR IMAGINATION

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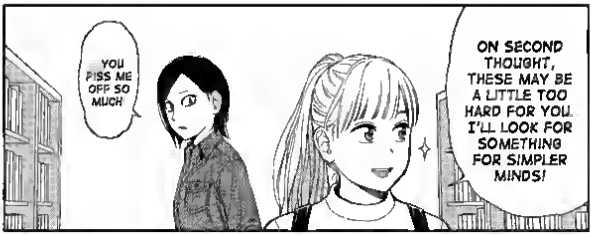

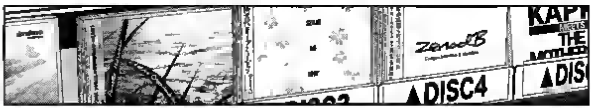

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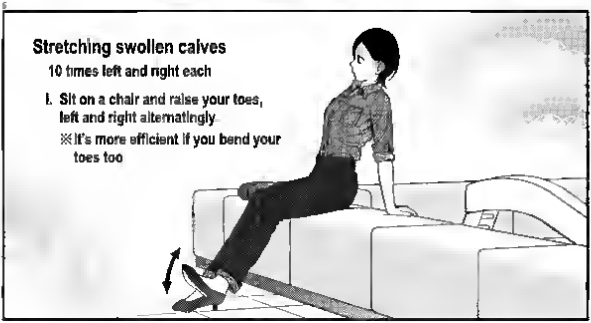
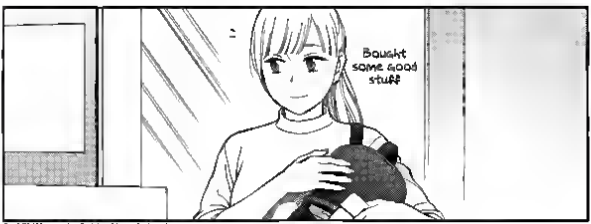
I'LL NEVER GET WHAT'S GOING ON IN THIS GIRL'S HEAD
?
Is it any good?
真剣
SERIOUS
THE GREATEST SOUND OF SHISHODOSH
LET'S SEE WHAT SHE'S LISTENING TO


Stretching swollen calves
10 times left and right each
1. Sit on a chair and raise your toes, left and right alternatingly.
※It's more efficient if you bend your toes too



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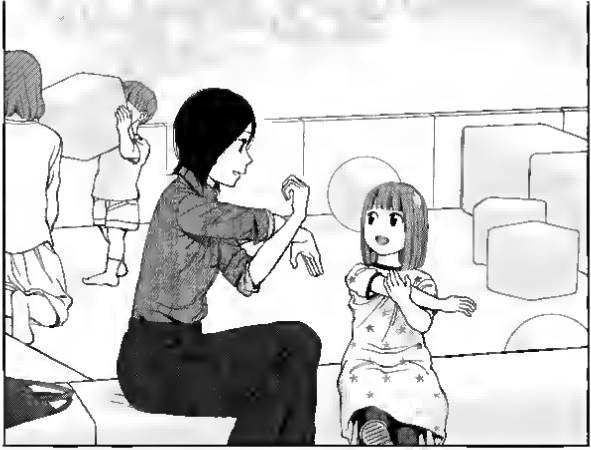

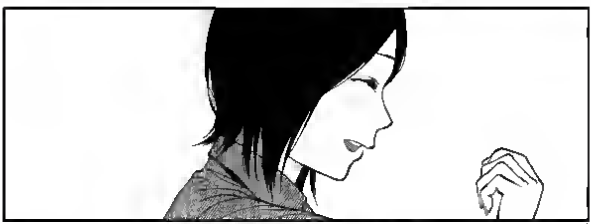

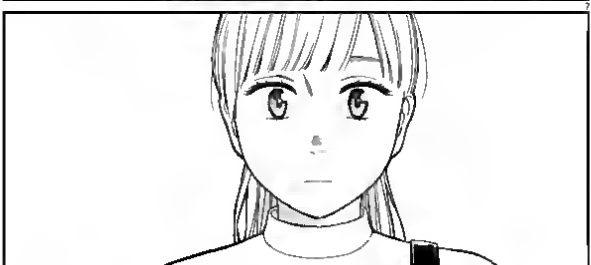

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SHE STARTED COPYING ME, SO I THOUGHT I'D TEACH HER...
HAHA.
WHAT AN UNUSUAL SIGHT.
BYE BYE ♥
I SEE
THAT'S GREAT
NOW THAT YOU MENTION IT, NOPE NO BAD DREAMS
HM?
SAY, SENPAI HAVE YOU HAD ANY BAD DREAMS LATELY?
RAN, IS THAT ALL YOU EVER THINK ABOUT?
PRETTY MUCH.
ALRIGHT! LET'S GO AND GET WASTED!

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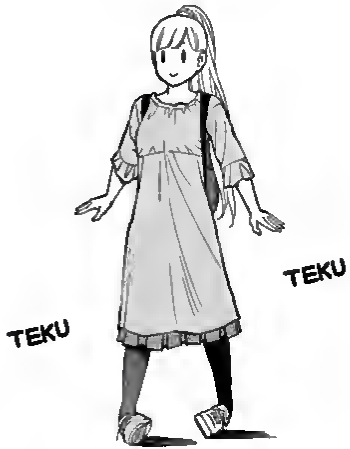
★ダイナミックストレッチ③
サイド・アンクル・ウォーク

足関節のねん挫の防止のために、筋肉、腱、じん帯を強化します。女の子がやると、鳥がちょこちょこ歩くようでかわいい。

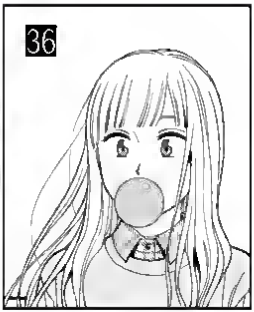


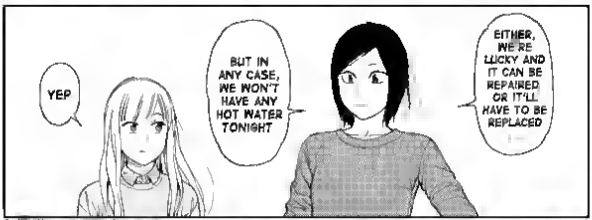
BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

35

akili
アキリ





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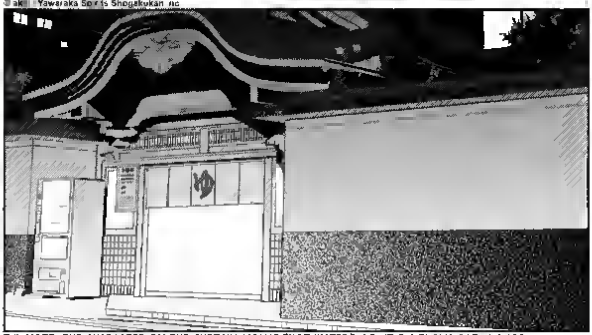
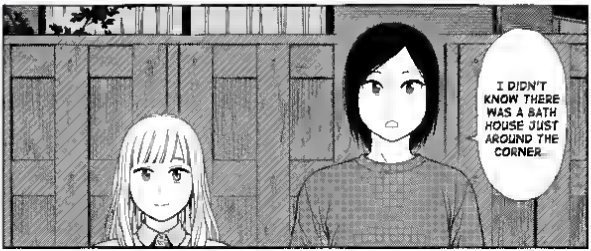
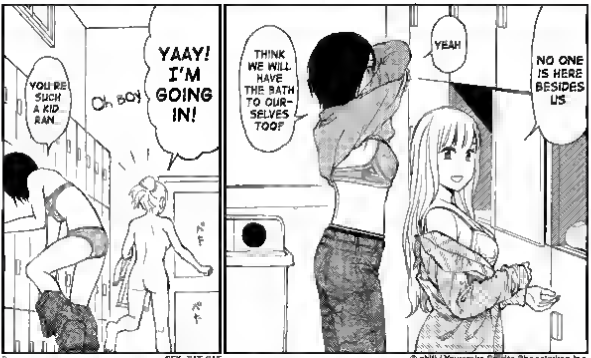


T/L NOTE: THE CHARACTER ON THE CURTAIN MEANS "HOT WATER". I.E. IT'S A PUBLIC BATH HOUSE





SFX PAT PAT
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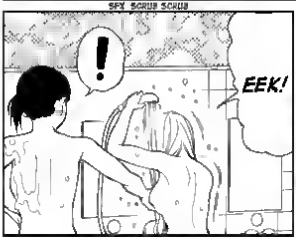

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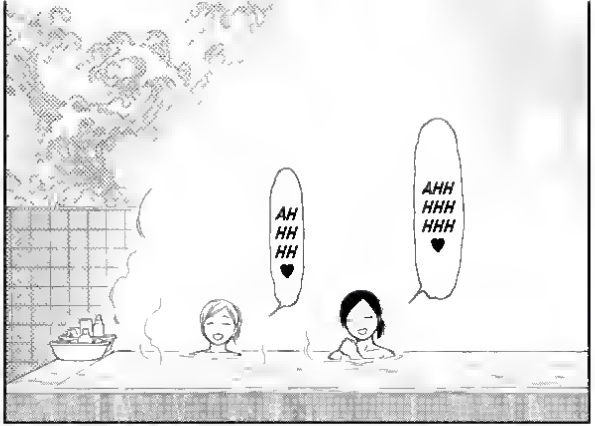

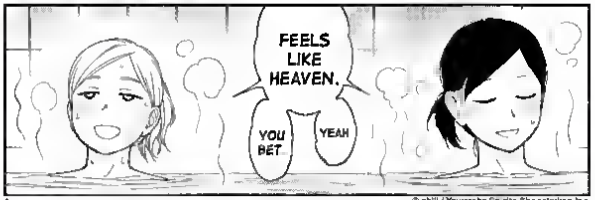

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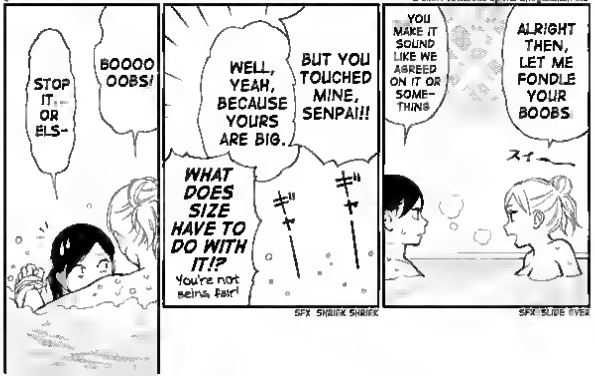
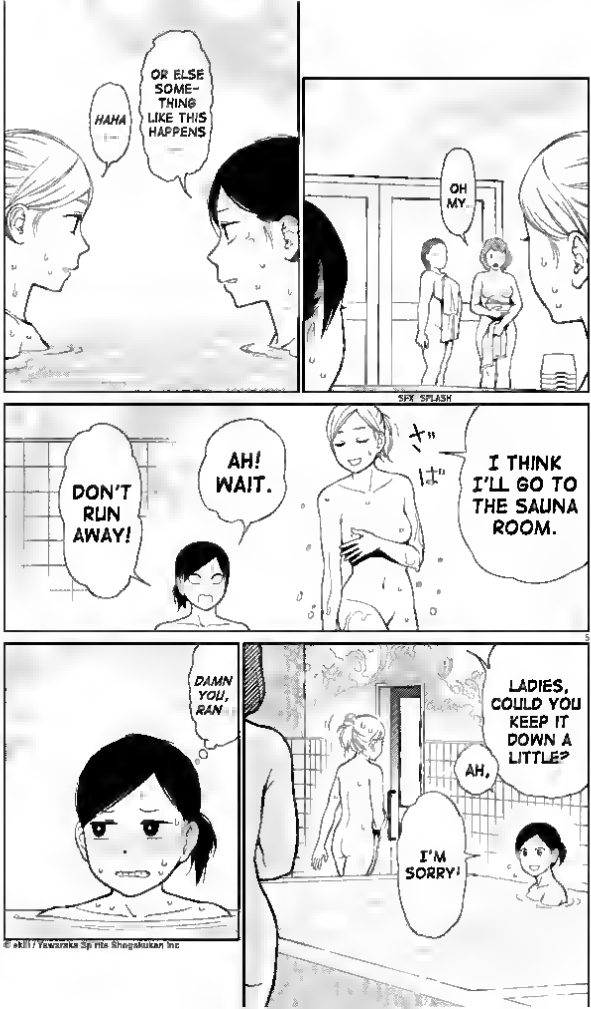

STOP IT,— OR ELS-
BOOOOOOBS!
WELL, YEAH, BECAUSE YOURS ARE BIG.
BUT YOU TOUCHED MINE, SENPAI!!
WHAT DOES SIZE HAVE TO DO WITH IT!? You're not being fair!
キ"ャ
キ"ャ
SFX: SHRIEK SHRIEK
YOU MAKE IT SOUND LIKE WE AGREED ON IT OR SOME-THING
ALRIGHT THEN, LET ME FONDLE YOUR BOOBS
スィー
SFX: SLIDE EYES



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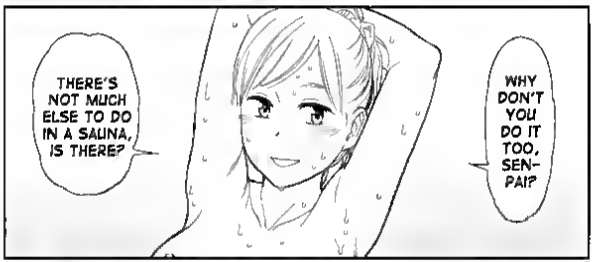

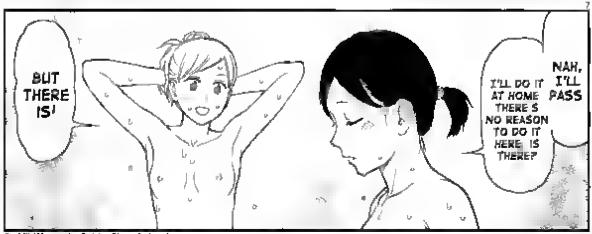

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A NICE COLD BATH!!
How's that sound?
Uh, good, actually
Imagine stretching your body in this heat, so you end up sweating even more, but what awaits you after that is...
I know! Let's do some partner stretches
Ehh, no way, I'm all sweaty
It's okay! Let me show you a new exercise
...All right
First you do this and then I
Mh
Do this
Don't you touch me, idiot!!
I see, they're palm-sized ♥
You are so dead!!!
They're so noisy
Yeah.

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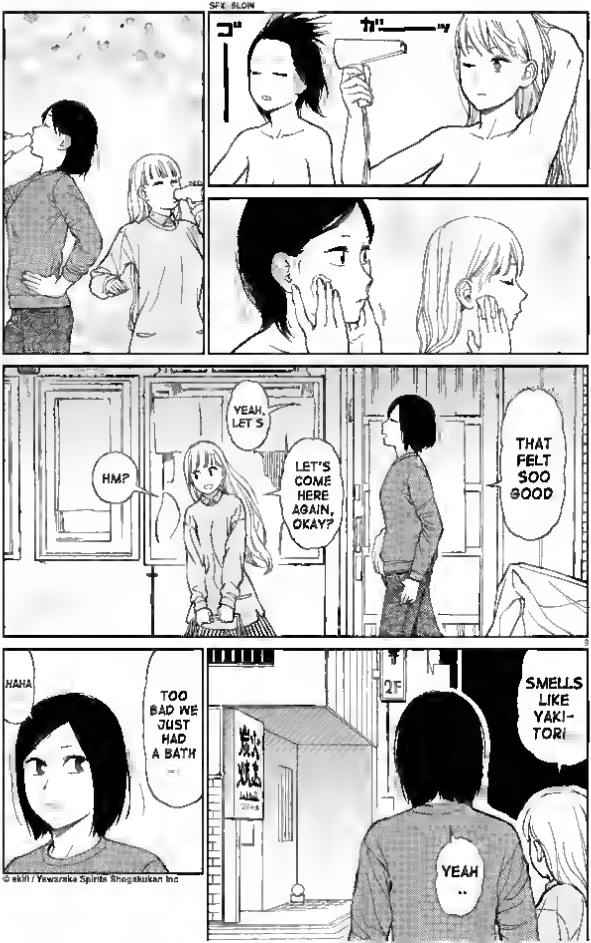

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PU-
HAH.
NO PROB-LEM!
YEAH!
IT'S NOT A PROBLEM IF WE JUST TAKE A BATH AGAIN AFTER THIS!
10
EXCUSE ME!!
We'd like to order something!
GRILLED CHICKEN WITH SCALLION, CHICKEN SKIN, CHICKEN HEART, CHICKEN TAIL, CHILLED TOFU!

© sk8! / Yowamushi Spirits Shogakukan Inc

★ダイナミックストレッチ④
ストレイト・レッグ・マーチ

キックするように足を振り上げ行進します。バッキンガム宮殿の衛兵にでもなった気持ちで威風堂々と行うと気持ちよし。

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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akili
アキリ

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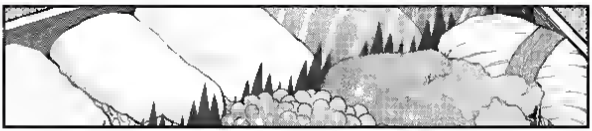

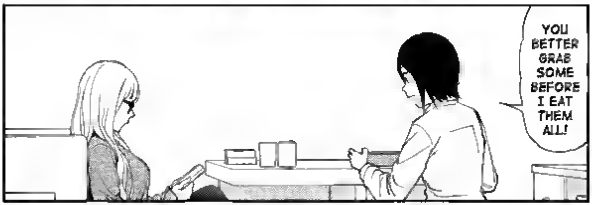

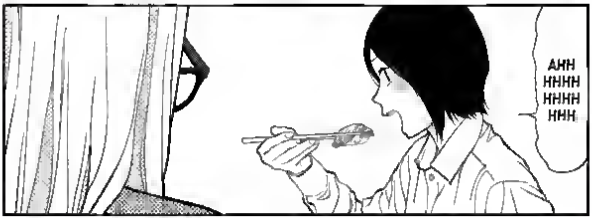

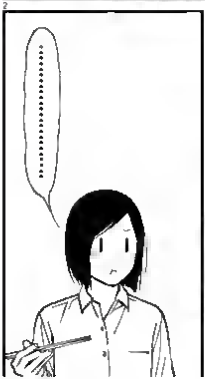

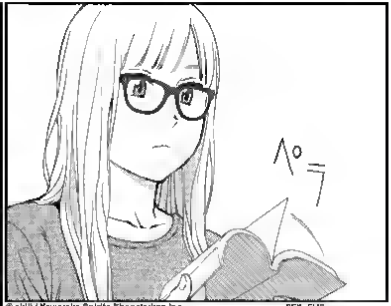

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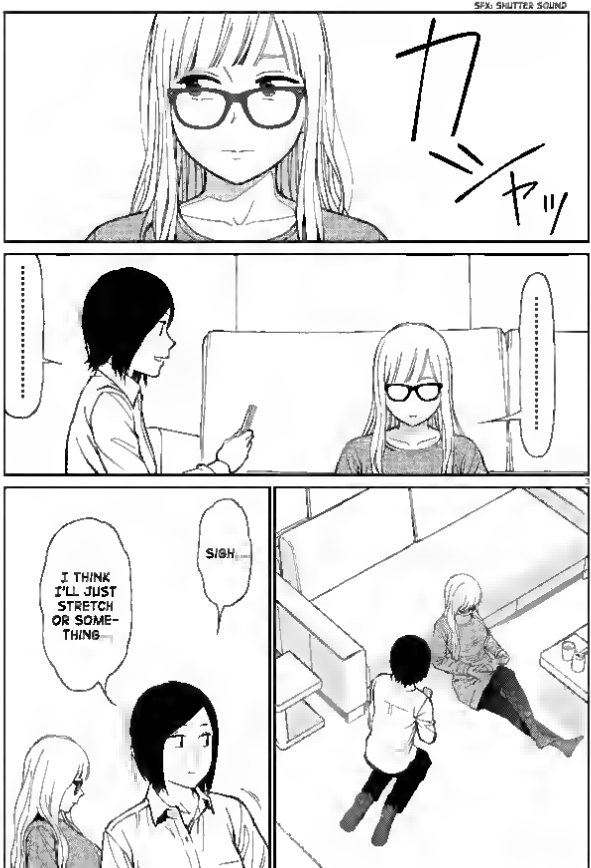
SFX FLIP



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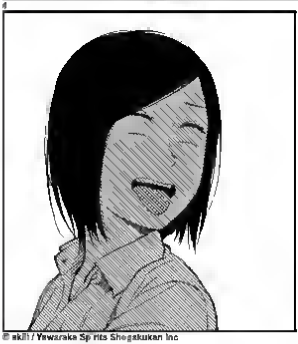
4



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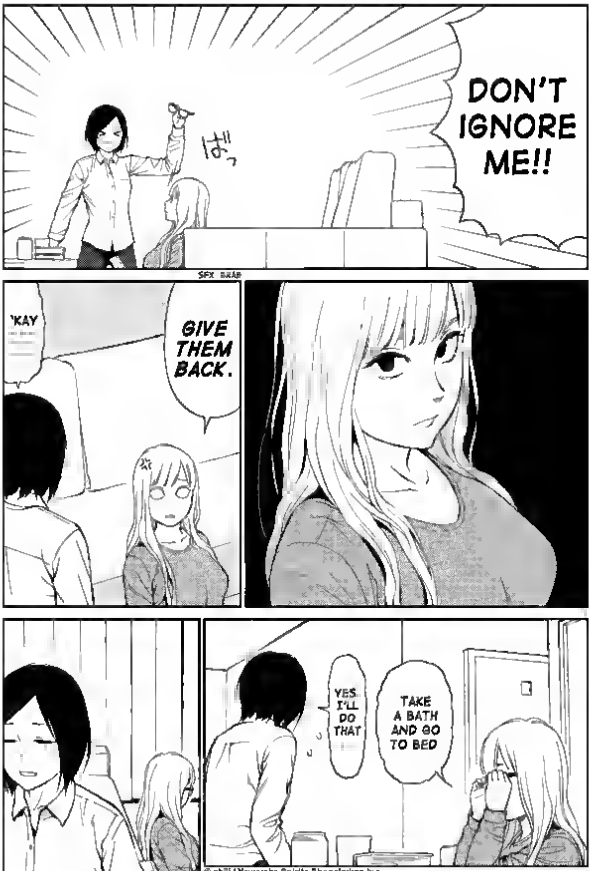

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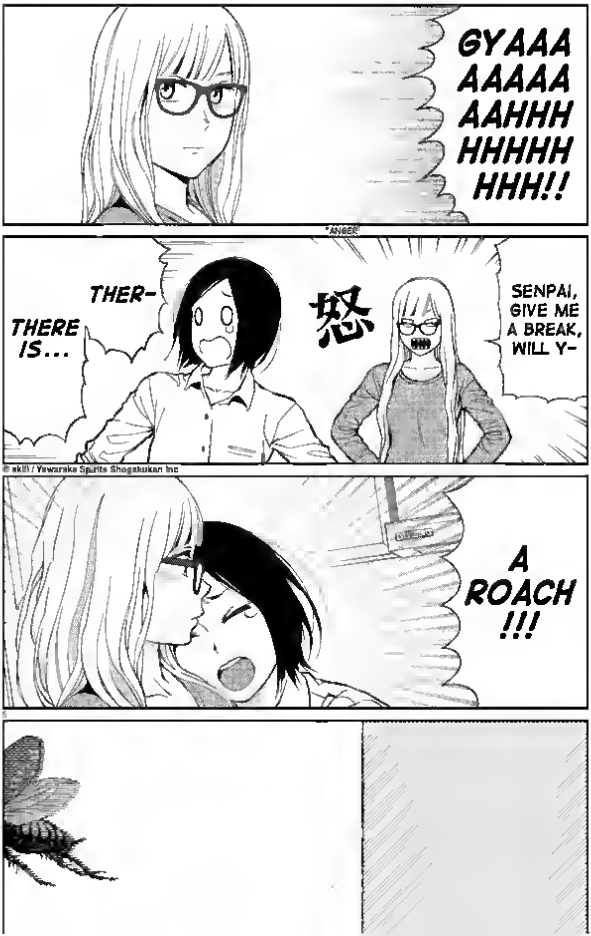
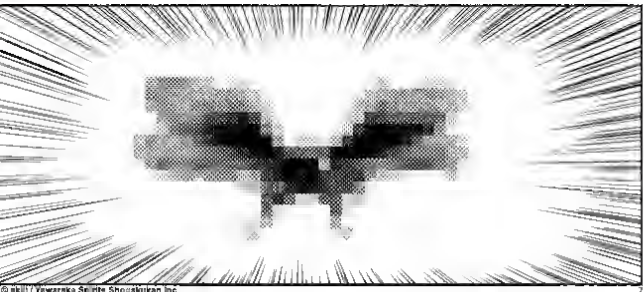

GYAAA AAAAA AAHHH HHHHH HHH!!
*SNEER
THER-
THERE IS...
怒
SENPAI, GIVE ME A BREAK, WILL Y-
© akiti / Yawaraka Spirits Shogakukan Inc
A ROACH !!!



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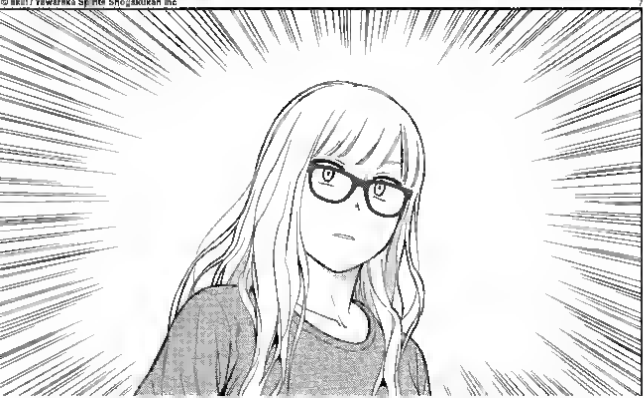

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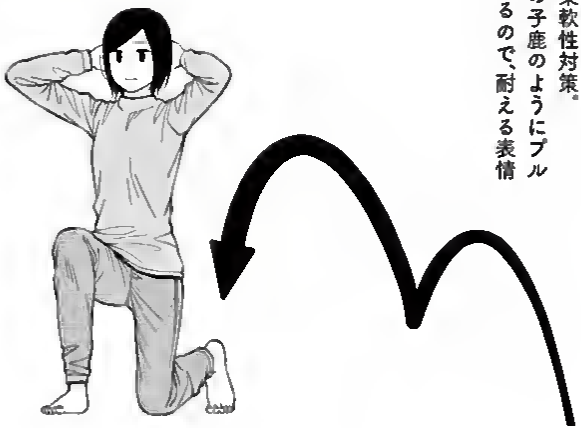
★ダイナミックストレッチ⑤
ウォーキング・ランジ

腸腰筋、大殿筋、ハムストリングスなどの柔軟性対策。生まれたての子鹿のようにプルプルなってくるので、耐える表情が見どころ。



BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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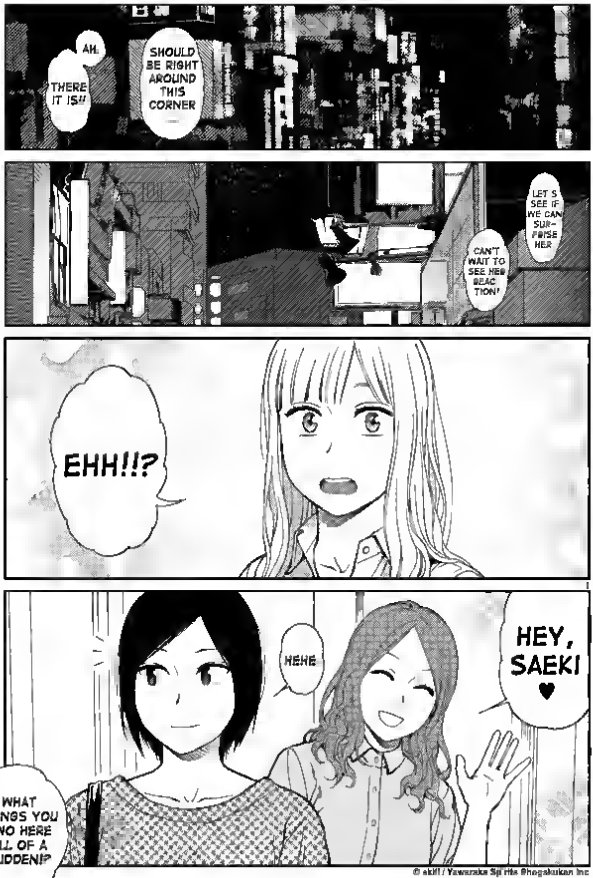
akili
アキリ


AH.
THERE IT IS!!
SHOULD BE RIGHT AROUND THIS CORNER
LET'S SEE IF WE CAN SUR-PRISE HER
CAN'T WAIT TO SEE HER REAC-TION!
EHH!!?
HEY, SAEKI ♥
HEHE
WHAT BRINGS YOU TWO HERE ALL OF A SUDDEN!?
© akiff / Yawaraka Spirits Shogakukan Inc

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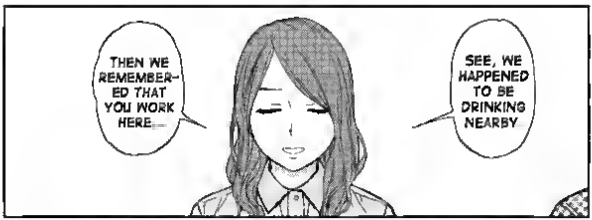

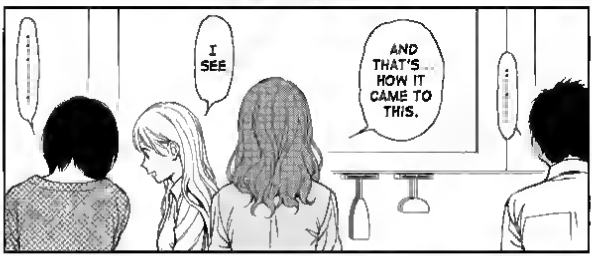

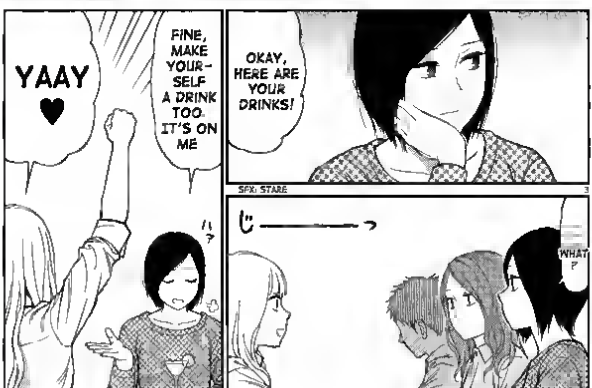

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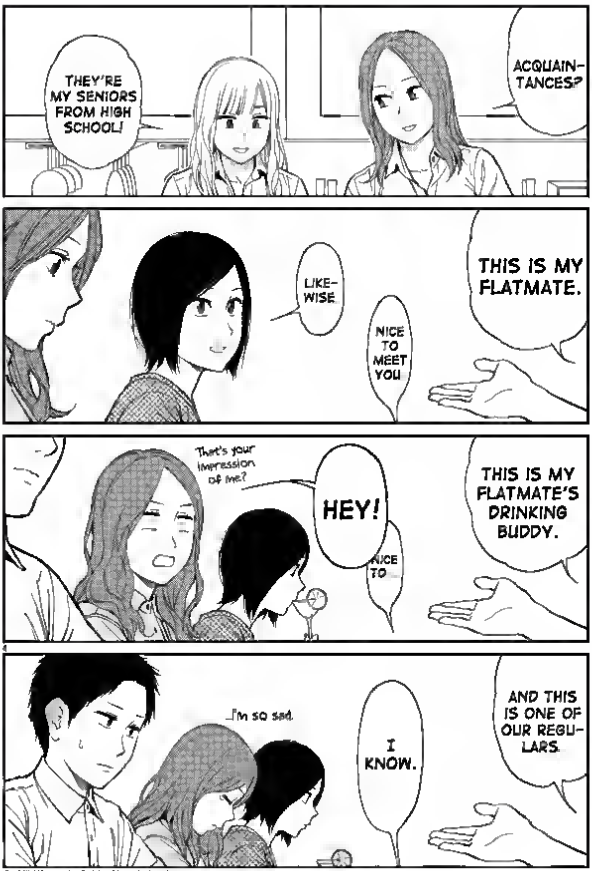

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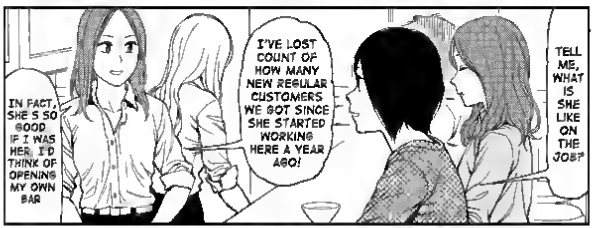
TELL ME, WHAT IS SHE LIKE ON THE JOB?
I'VE LOST COUNT OF HOW MANY NEW REGULAR CUSTOMERS WE GOT SINCE SHE STARTED WORKING HERE A YEAR AGO!
IN FACT, SHE'S SO GOOD IF I WAS HER, I'D THINK OF OPENING MY OWN BAR

SHE'S NOT ONLY CUTE, BUSTY AND SMART, BUT ALSO DIZZY TO THE POINT OF BEING TOTALLY OBLIVIOUS TO WHAT'S GOING ON AROUND HER
NO WONDER EVERY-ONE LOVES HER!
CAREFUL, SHE'LL GET CARRIED AWAY IF YOU KEEP PRAISING HER LIKE THAT
was she praising her?

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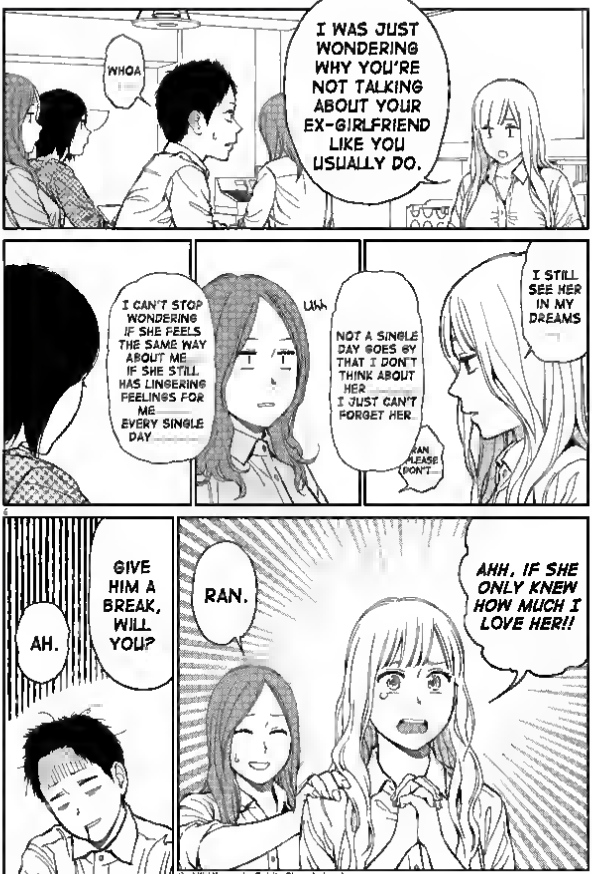
WHOA
I WAS JUST WONDERING WHY YOU'RE NOT TALKING ABOUT YOUR EX-GIRLFRIEND LIKE YOU USUALLY DO.
I STILL SEE HER IN MY DREAMS
Uhh
NOT A SINGLE DAY GOES BY THAT I DON'T THINK ABOUT HER I JUST CAN'T FORGET HER.
RAN PLEASE DON'T
I CAN'T STOP WONDERING IF SHE FEELS THE SAME WAY ABOUT ME IF SHE STILL HAS LINGERING FEELINGS FOR ME EVERY SINGLE DAY
AHH, IF SHE ONLY KNEW HOW MUCH I LOVE HER!!
RAN.
AH.
GIVE HIM A BREAK, WILL YOU?
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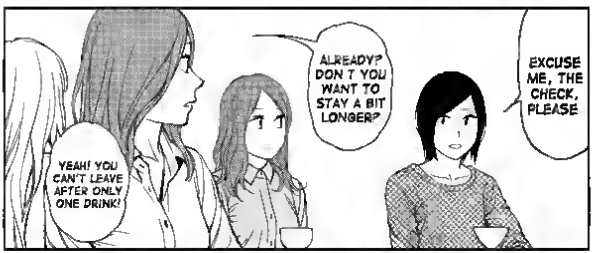

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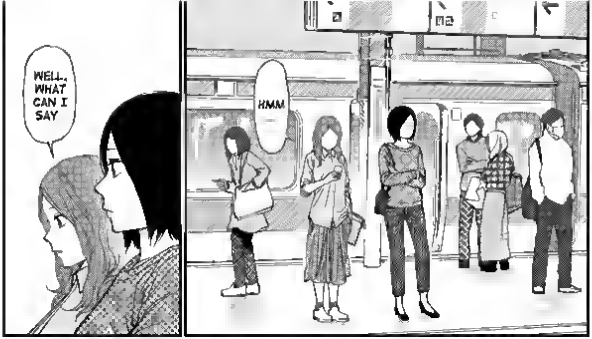

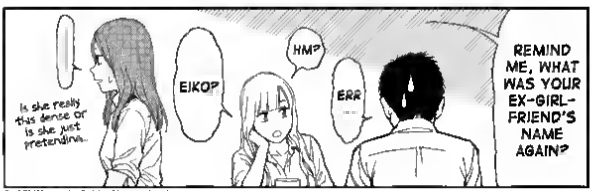

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BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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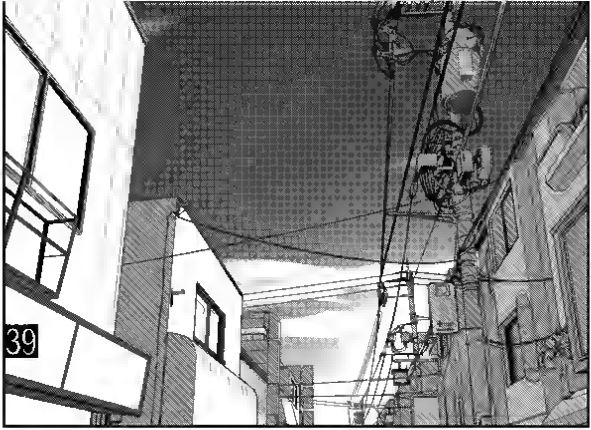
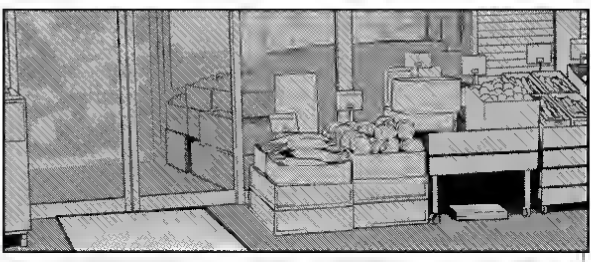
akili
アキリ





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GRAB
SFX: SMACK
WE STILL HAVE SOME AT HOME
BUT WHY !?
OW
ペし
PUT IT BACK
3
SHIER
WE'RE IN FOR A LONG WAIT
UGH...
CHEA AAAP SKAA TE!!!
THE THREE BOTTLES AT HOME SHOULD BE MORE THAN ENOUGH FOR A WHILE
WHY WAIT UNTIL WE'RE ALREADY OUT OF BOOZE? WE NEED TO RESTOCK, DON'T YOU THINK!?

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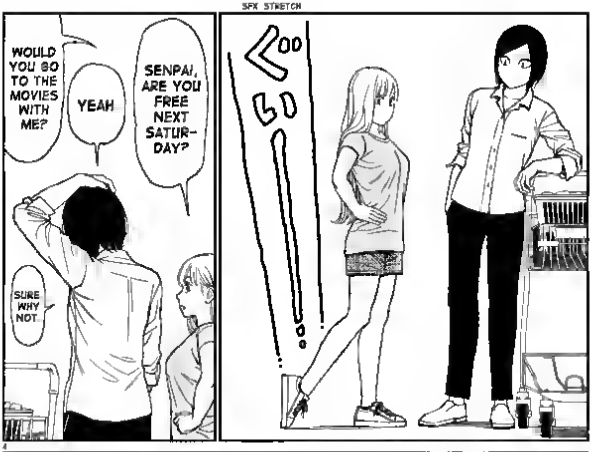
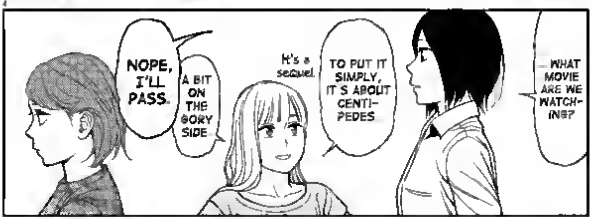
SFX STRETCH





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HEY, LOOK
HM?
HARD TO BELIEVE WE WERE LIKE THEM ONCE.
S-SO PURE AND RADI-ANT...
5
OH, THEY'RE LEAVING! I WONDER WHAT SHE WISHED FOR!!
LET'S NOT GO THERE, RAN.
MUST BE THIS WHITE ONE.
YOU CAN BE SUCH A HANDFUL, YOU KNOW THAT?

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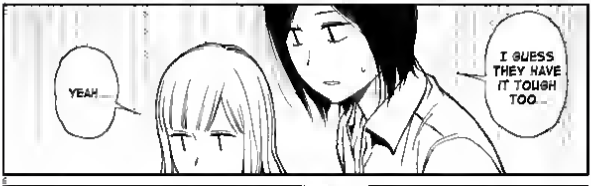

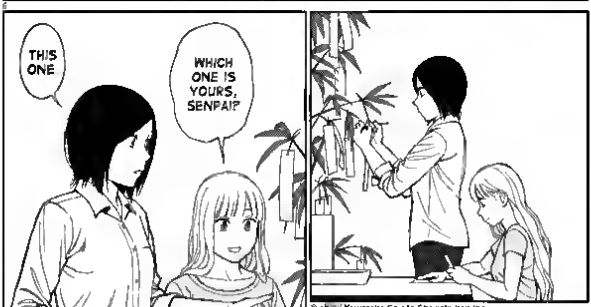

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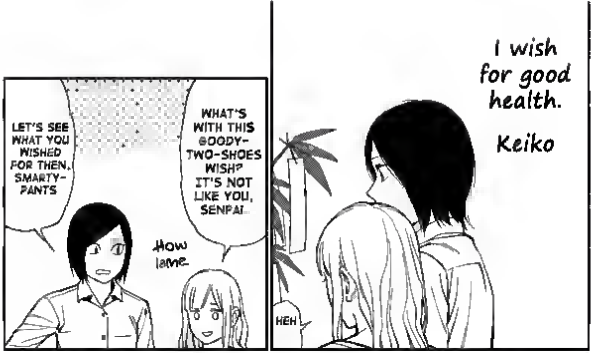
I wish for good health.
Keiko
HEH.
WHAT'S WITH THIS GOODY-TWO-SHOES WISH? IT'S NOT LIKE YOU, SENPAI.
How lame.
LET'S SEE WHAT YOU WISHED FOR THEN, SMARTY-PANTS

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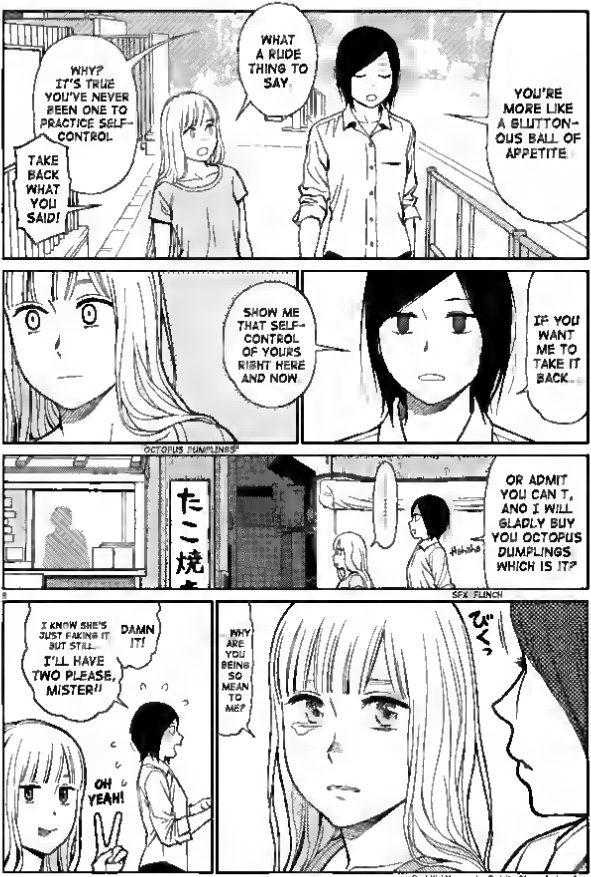
YOU'RE MORE LIKE A GLUTTONOUS BALL OF APPETITE.
WHAT A RUDE THING TO SAY.
WHY? IT'S TRUE YOU'VE NEVER BEEN ONE TO PRACTICE SELF-CONTROL.
TAKE BACK WHAT YOU SAID!
IF YOU WANT ME TO TAKE IT BACK...
SHOW ME THAT SELF-CONTROL OF YOURS RIGHT HERE AND NOW.
OCTOPUS DUMPLINGS
たこ焼き
OR ADMIT YOU CAN'T, AND I WILL GLADLY BUY YOU OCTOPUS DUMPLINGS. WHICH IS IT?
SFX: FLINCH
DAMN IT!
I KNOW SHE'S JUST FAKING IT BUT STILL...
I'LL HAVE TWO PLEASE, MISTER!!
OH YEAH!
WHY ARE YOU BEING SO MEAN TO ME?
びくっ

WIN

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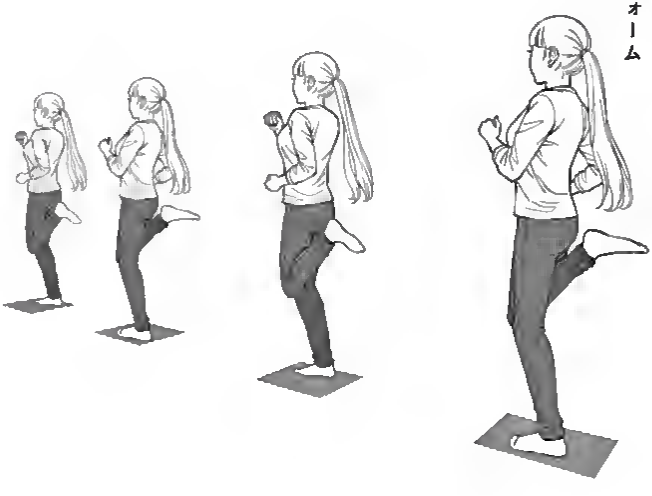
★ダイナミックストレッチ⑥
バット・キック（お尻キック）

立った状態から、かかとでお尻にタッチしながら進む。ジョギング前のウォームアップに最適。踵りすぎると刺さります。



BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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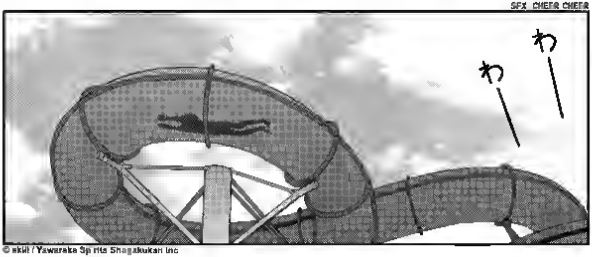
akili
アキリ

40



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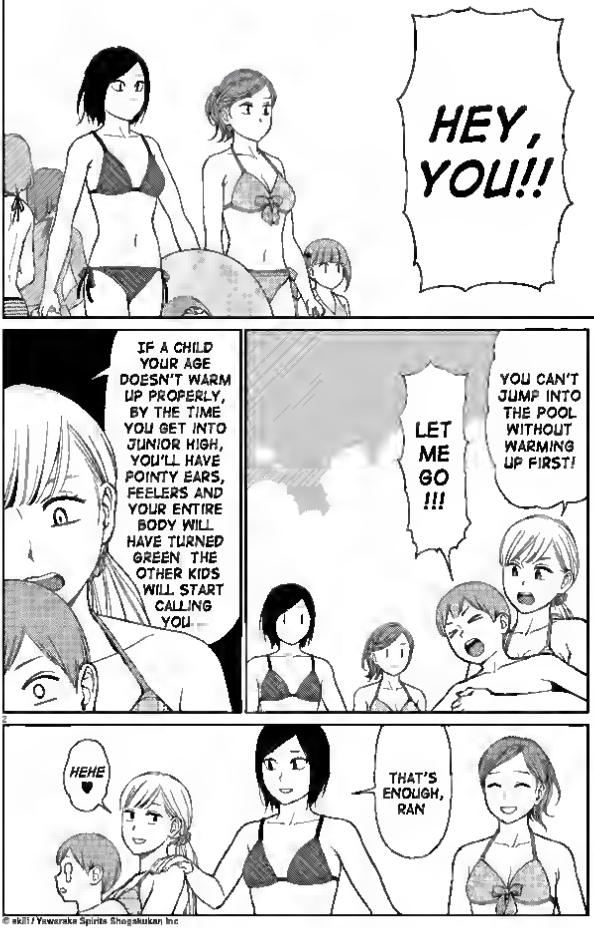
HEY, YOU!!
IF A CHILD YOUR AGE DOESN'T WARM UP PROPERLY, BY THE TIME YOU GET INTO JUNIOR HIGH, YOU'LL HAVE POINTY EARS, FEELERS AND YOUR ENTIRE BODY WILL HAVE TURNED GREEN. THE OTHER KIDS WILL START CALLING YOU—
LET ME GO !!!
YOU CAN'T JUMP INTO THE POOL WITHOUT WARMING UP FIRST!
HEHE ♥
THAT'S ENOUGH, RAN

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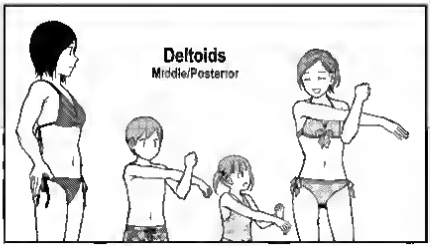

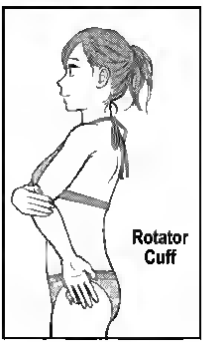

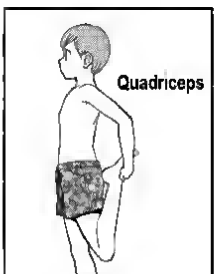

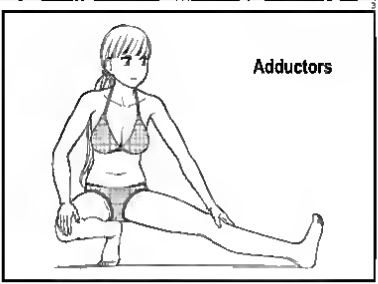

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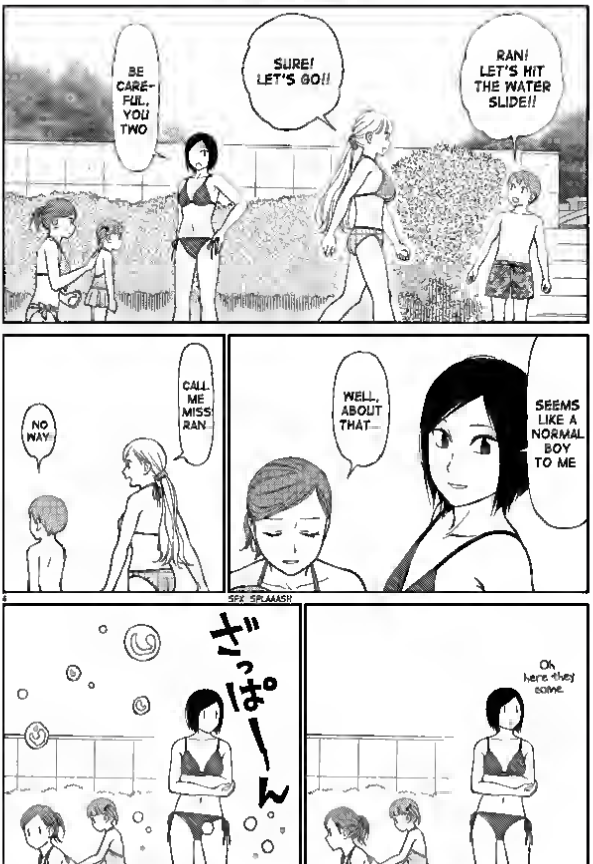

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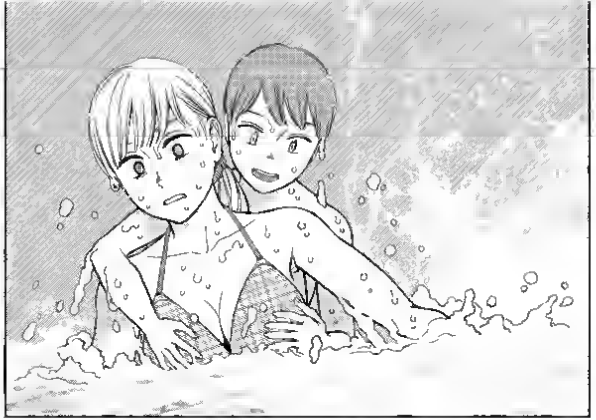
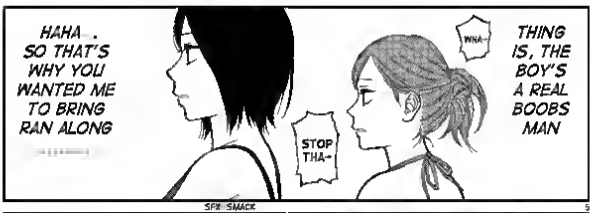
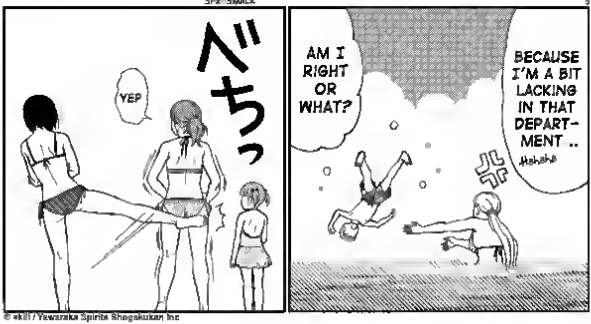




SFX: SMACK

5



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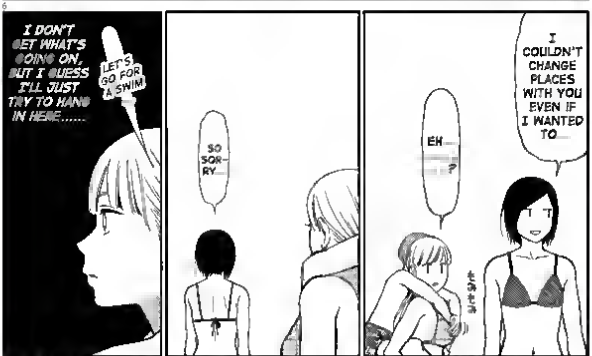
SFX: PAT

6


I DON'T GET WHAT'S GOING ON, BUT I GUESS I'LL JUST TRY TO HANG IN HERE.....
LET'S GO FOR A SWIM
SO SORRY
EH
I COULDN'T CHANGE PLACES WITH YOU EVEN IF I WANTED TO
SFX: SCOPE SCOPE

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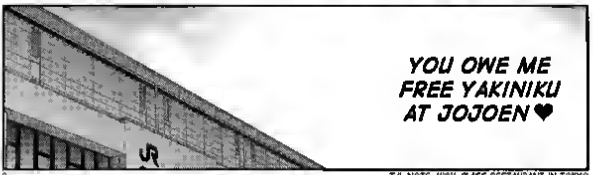
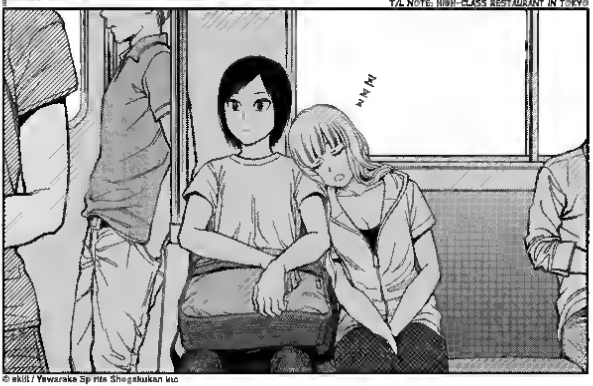


T/L NOTE: HIGH-CLASS RESTAURANT IN TOKYO



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★ダイナミックストレッチ⑦
スパイダーマン・クロール

腕立て伏せをしながら進むような動きで、腕・肩・股関節を伸ばす。スパイダーマンが壁を登るイメージでやっちゃおう。

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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akili
アキリ

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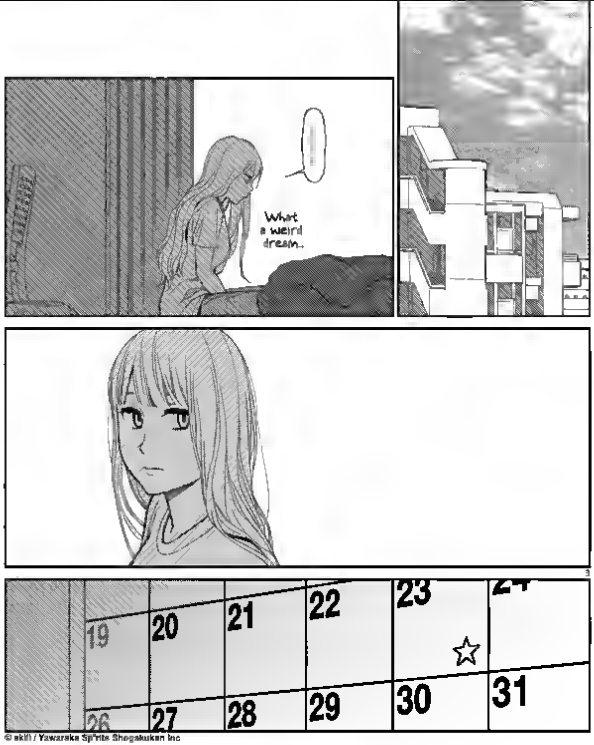

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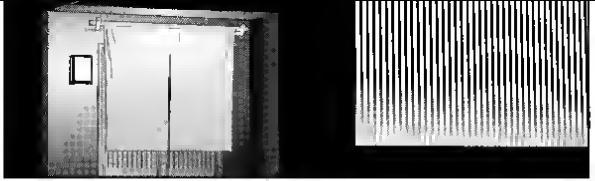

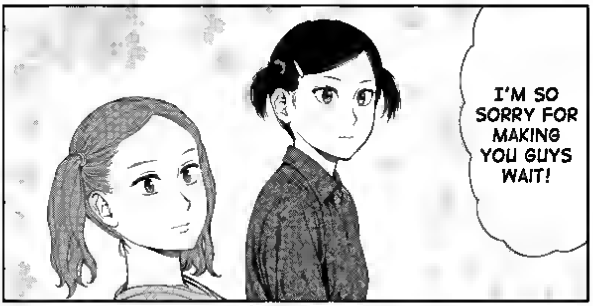

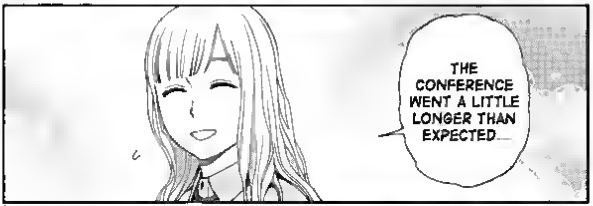

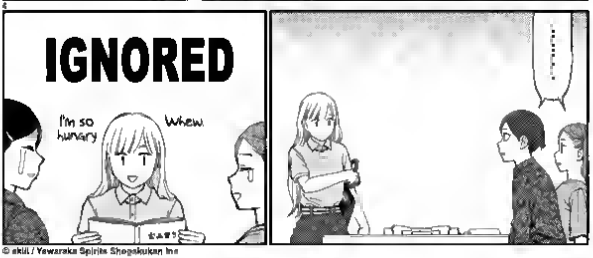

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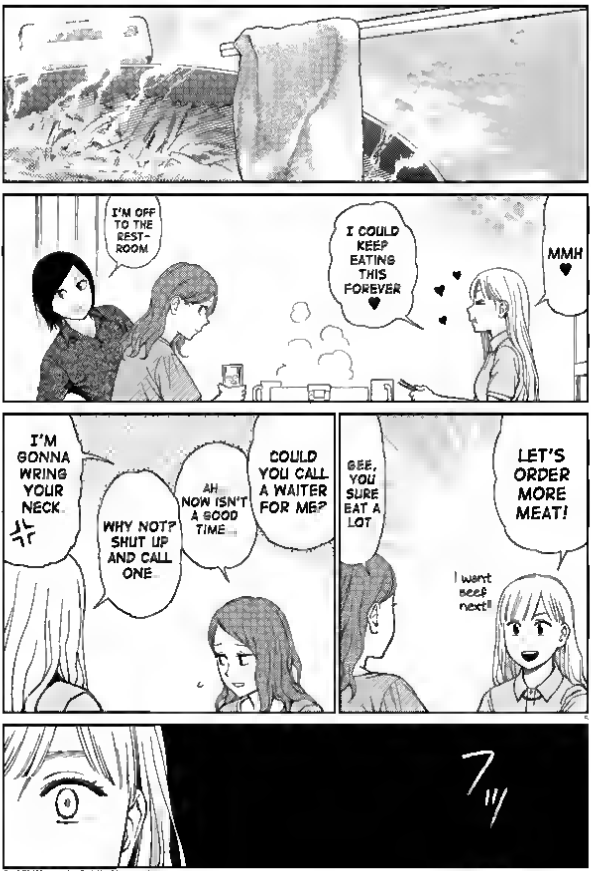
I'M OFF TO THE REST-ROOM
I COULD KEEP EATING THIS FOREVER
MMH
LET'S ORDER MORE MEAT!
GEE, YOU SURE EAT A LOT
I want beef next!!
COULD YOU CALL A WAITER FOR ME?
AH... NOW ISN'T A GOOD TIME...
WHY NOT? SHUT UP AND CALL ONE
I'M GONNA WRING YOUR NECK
7/11

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Happy Birthday Ran
WOO OOO OOW
It's so cliché
HAPPY BIRTH-DAY!!
Looks like it's all she cares about right now...
BUT AFTER I'VE HAD SOME MORE MEAT!!
I WILL!
NOW THEN, HOPE YOU'LL ENJOY THE CAKE!

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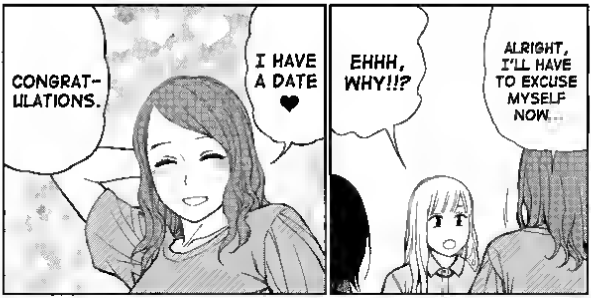

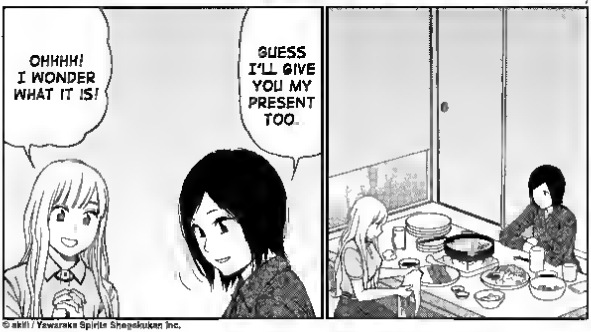

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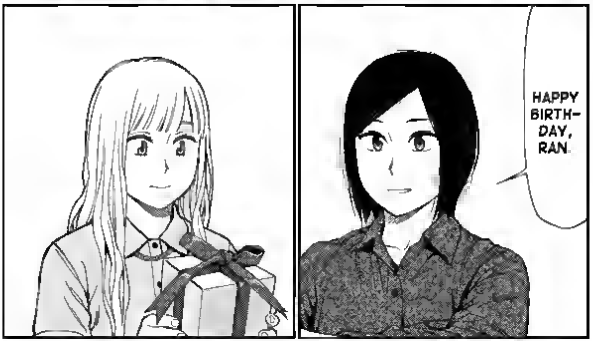

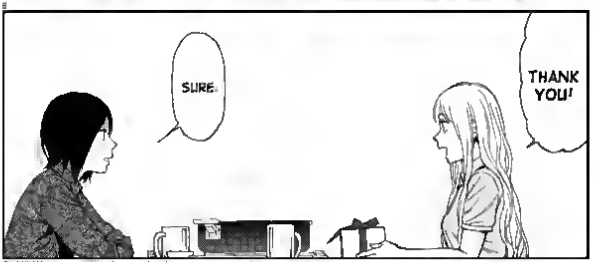

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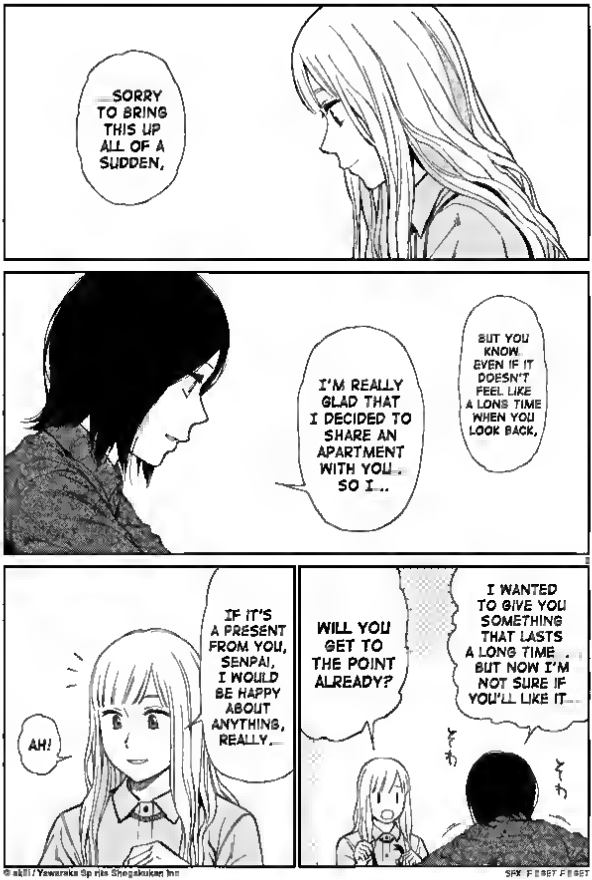
SORRY TO BRING THIS UP ALL OF A SUDDEN,
I'M REALLY GLAD THAT I DECIDED TO SHARE AN APARTMENT WITH YOU... SO I...
BUT YOU KNOW, EVEN IF IT DOESN'T FEEL LIKE A LONG TIME WHEN YOU LOOK BACK,
AH!
IF IT'S A PRESENT FROM YOU, SENPAI, I WOULD BE HAPPY ABOUT ANYTHING, REALLY...
WILL YOU GET TO THE POINT ALREADY?
I WANTED TO GIVE YOU SOMETHING THAT LASTS A LONG TIME... BUT NOW I'M NOT SURE IF YOU'LL LIKE IT...
そわ
そわ

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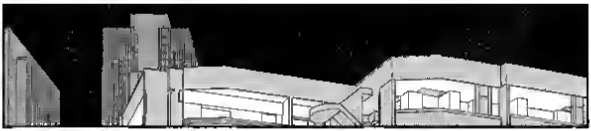
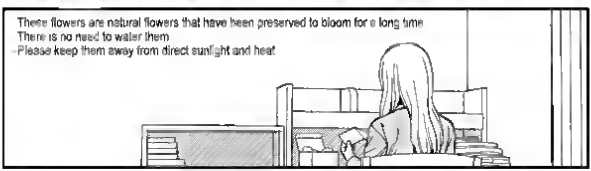
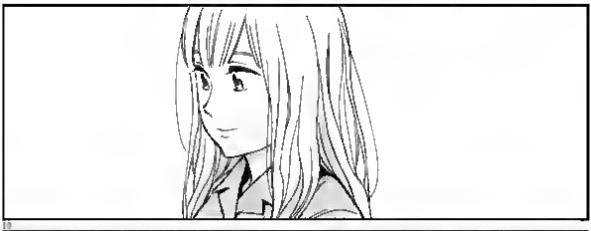
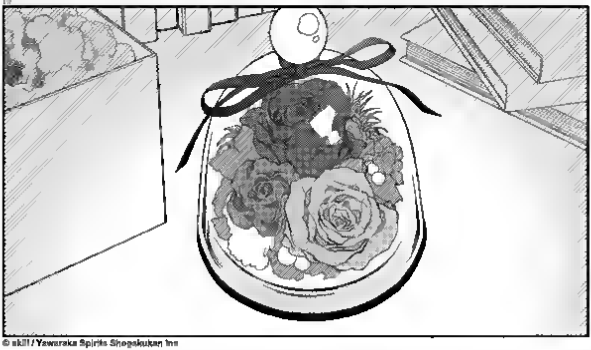



These flowers are natural flowers that have been preserved to bloom for a long time
There is no need to water them
-Please keep them away from direct sunlight and heat





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★ダイナミックストレッチ⑧
リバース・ランジ・ウィズ・ツイスト

腰を落として後ろ向きに歩きながら、上半身のひねりを入れる運動。
美しい動物になった気持ちで、ズバンと胸を張ると気分上々。

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

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akili
アキリ

Sigh
IT'S RARE TO SEE YOU SIGH LIKE THAT
NO
WHAT'S WRONG? TIRED?
EH, NO WAY!?
WELL, SOMETHING LIKE THAT—
-Hiki
THINGS NOT GOING WELL WITH YOUR BOYFRIEND?
Sigh...
Of course she's not single...
Ran no...
THIS YEAR'S INTERNS ARE SO CHEEKY
YOU JUST WANNA KNOW, RIGHT, DOC?
YEARS BRING WISDOM RIGHT?
AAALRIGHT, RAN, TELL ME WHATEVER IS ON YOUR MIND! I'M A DOCTOR, I CAN GIVE GREAT ADVICE!!

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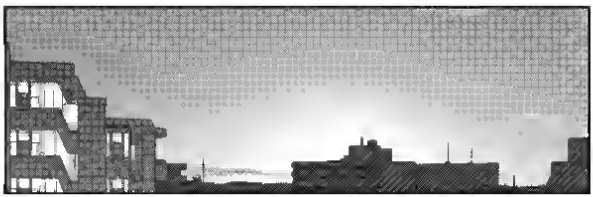

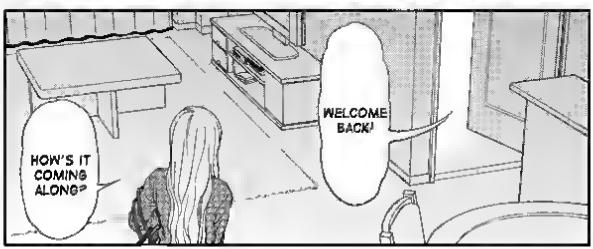

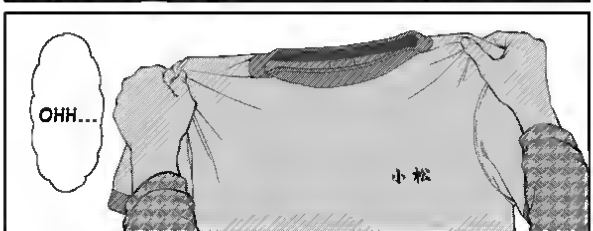

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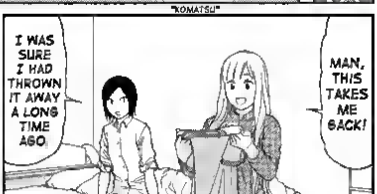
"KOMATSU"



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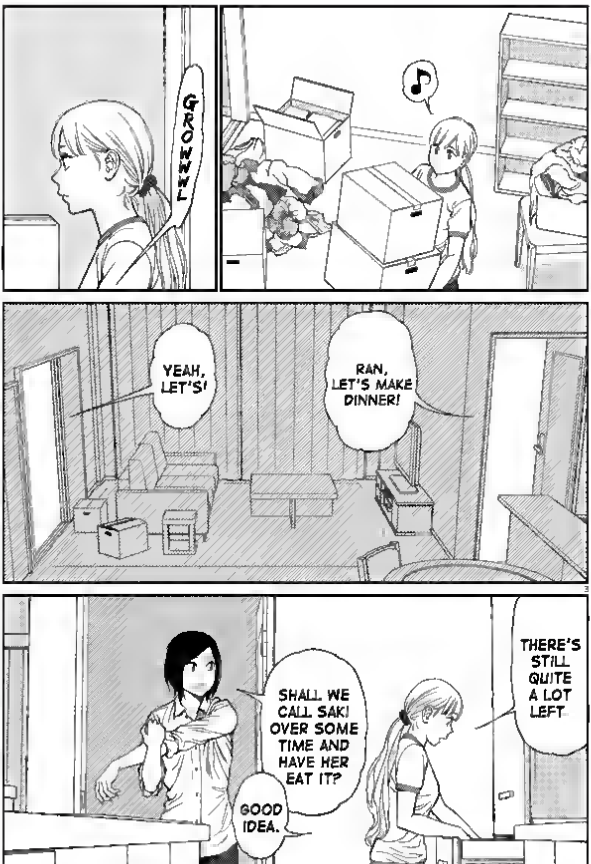
GROWWL
YEAH, LET'S!
RAN, LET'S MAKE DINNER!
THERE'S STILL QUITE A LOT LEFT.
SHALL WE CALL SAKI OVER SOME TIME AND HAVE HER EAT IT?
GOOD IDEA.

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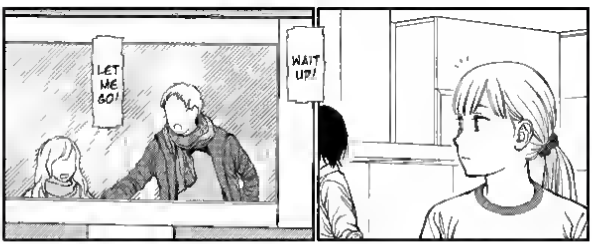

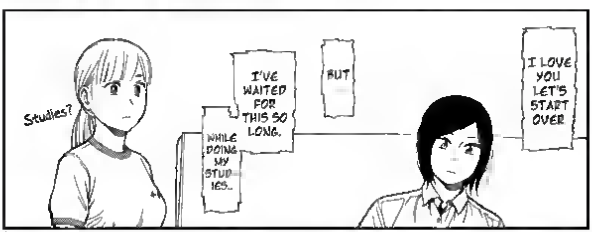

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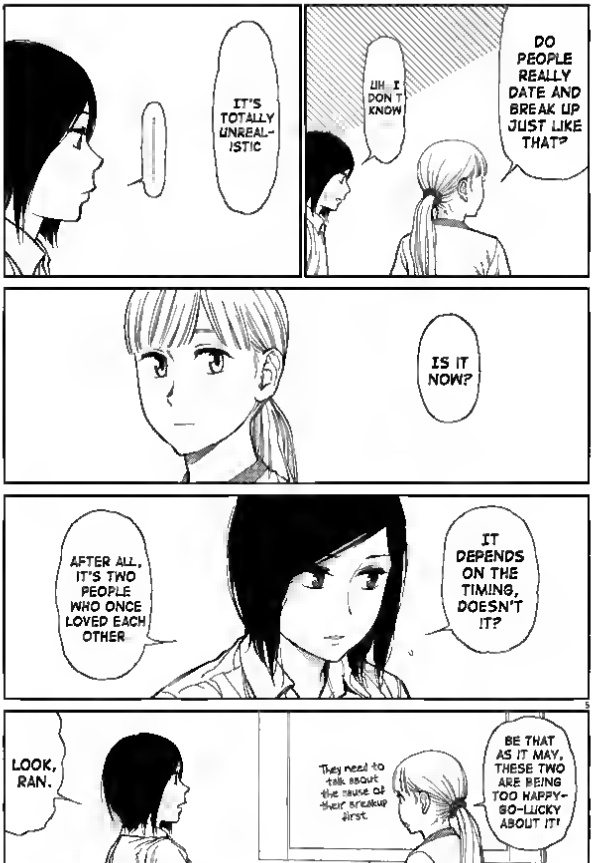
IT'S TOTALLY UNREAL-ISTIC
UH, I DON'T KNOW
DO PEOPLE REALLY DATE AND BREAK UP JUST LIKE THAT?
IS IT NOW?
AFTER ALL, IT'S TWO PEOPLE WHO ONCE LOVED EACH OTHER
IT DEPENDS ON THE TIMING, DOESN'T IT?
5
LOOK, RAN.
They need to talk about the cause of their breakup first.
BE THAT AS IT MAY, THESE TWO ARE BEING TOO HAPPY-GO-LUCKY ABOUT IT!

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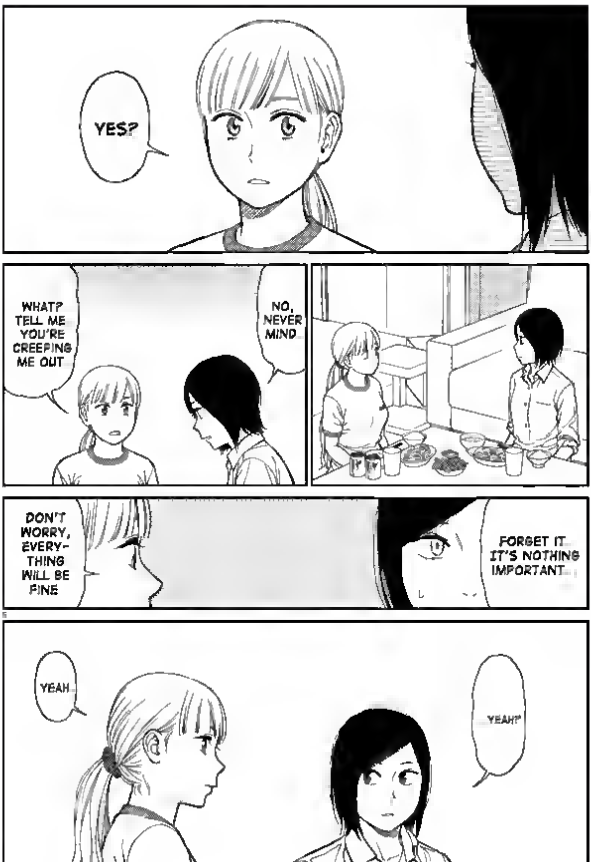

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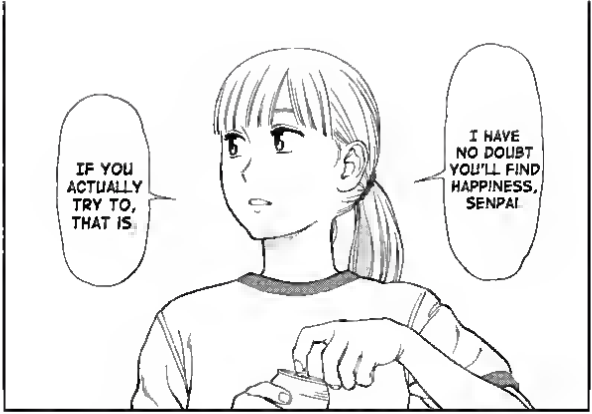

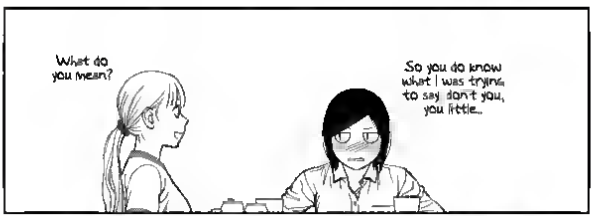

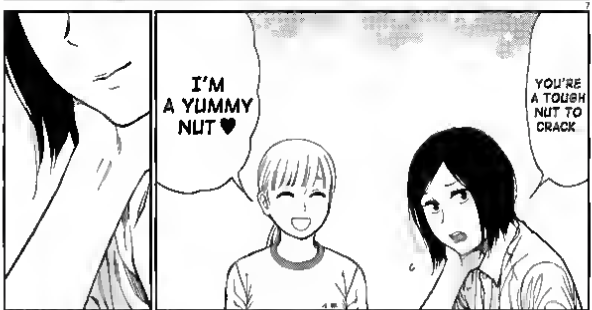

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★ダイナミックストレッチ⑨
ニー・クレイドル

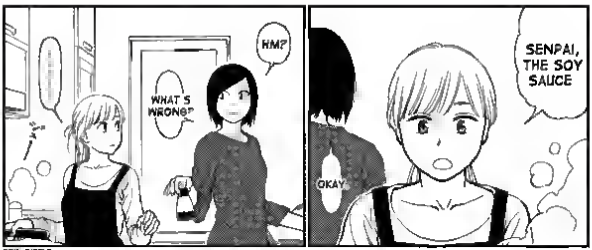
一歩ごとに膝を抱えながら歩き、
脚と骨盤の外側を伸ばす。
一本脚で立つため、バランス力の
向上も。フラミンゴの美しさです。

BIG SPIRITS COMICS SPECIAL

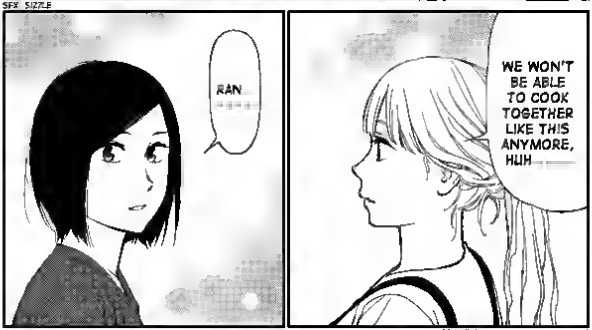
Stretch
ストレッチ

42

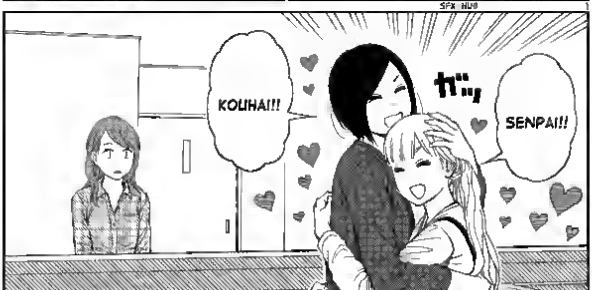
akili
アキリ



SFX: SIZZLE



SFX: NUH



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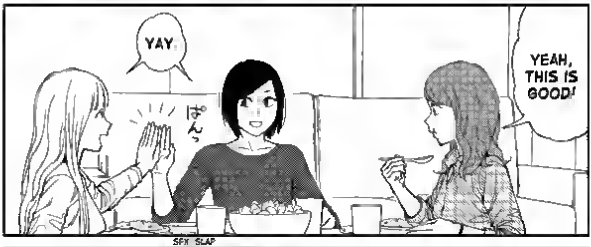

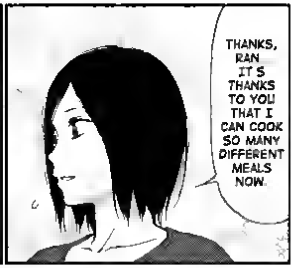

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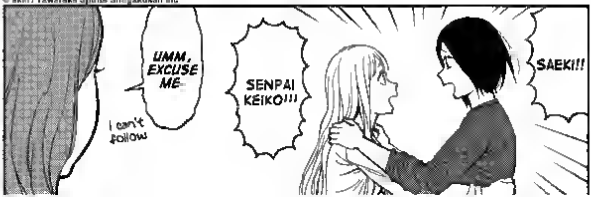

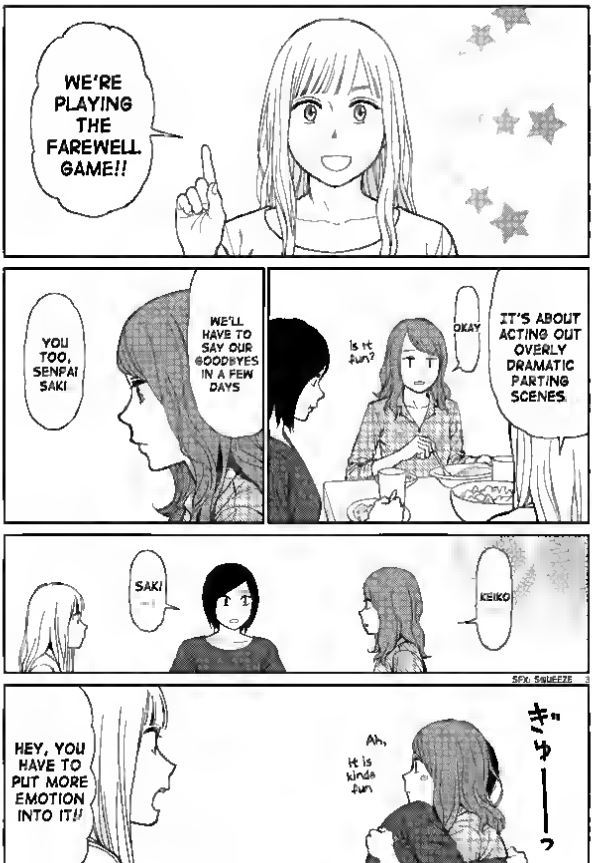
WE'RE PLAYING THE FAREWELL GAME!!
IT'S ABOUT ACTING OUT OVERLY DRAMATIC PARTING SCENES.
OKAY
Is it fun?
WE'LL HAVE TO SAY OUR GOODBYES IN A FEW DAYS
YOU TOO, SENPAI SAKI
KEIKO
SAKI
SFX: SqUEEZE
キュ――ッ
Ah, It is kinda fun
HEY, YOU HAVE TO PUT MORE EMOTION INTO IT!!
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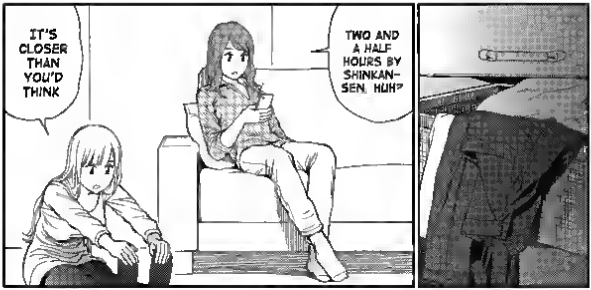

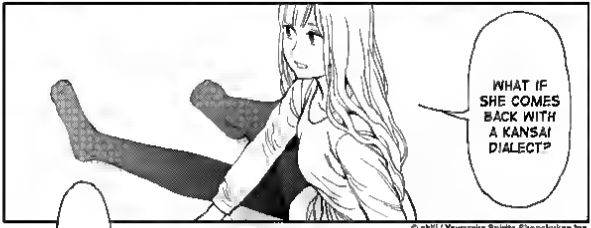

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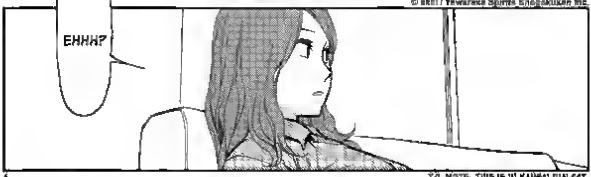
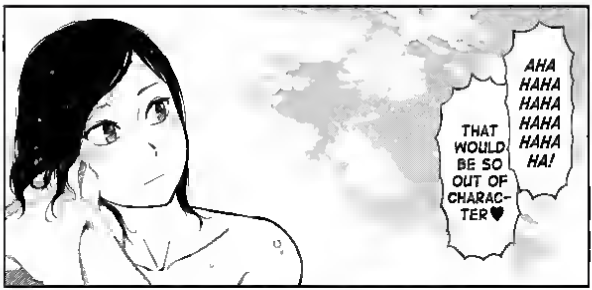


T/L NOTE: THIS IS IN KANSAI DIALECT



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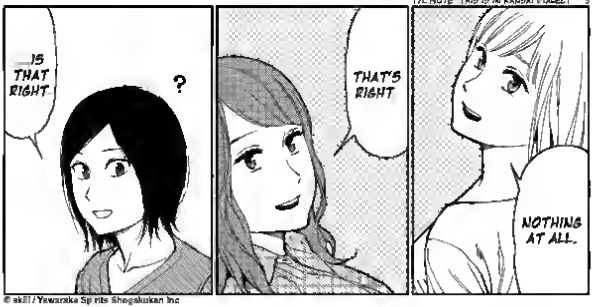

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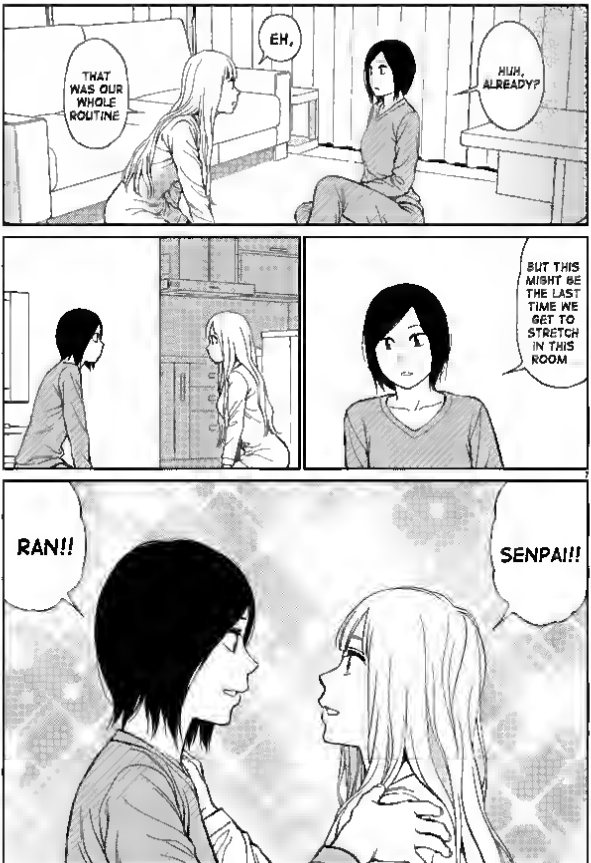

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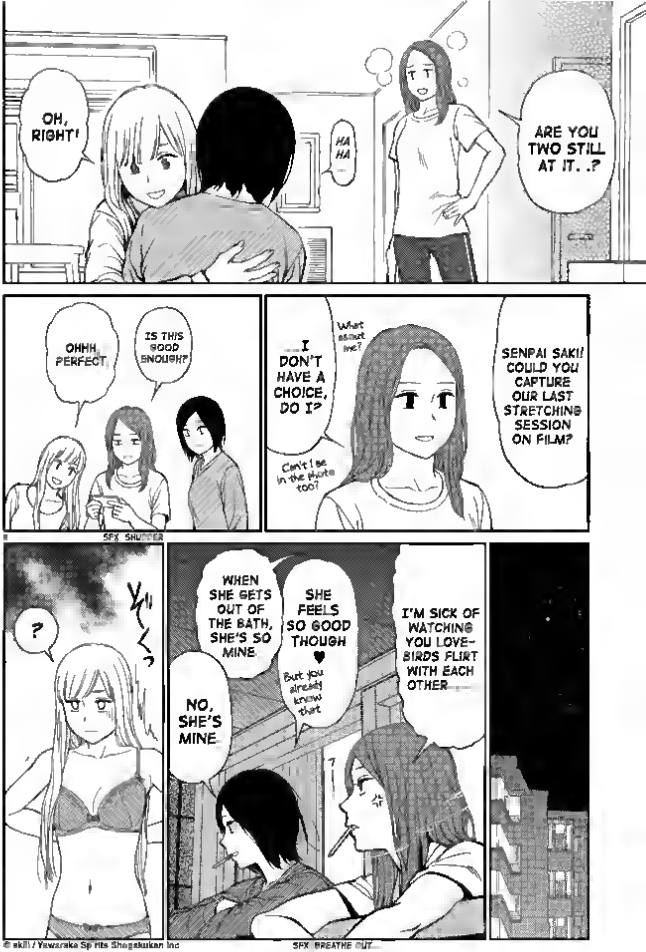
OH, RIGHT!
HA HA...
ARE YOU TWO STILL AT IT..?
OHHH, PERFECT.
IS THIS GOOD ENOUGH?
SFX: SHUTTER
I DON'T HAVE A CHOICE, DO I?
What about me?
Can't I be in the photo too?
SENPAI SAKI! COULD YOU CAPTURE OUR LAST STRETCHING SESSION ON FILM?
?
SHE FEELS SO GOOD THOUGH ♥
But you already know that
WHEN SHE GETS OUT OF THE BATH, SHE'S SO MINE
NO, SHE'S MINE
I'M SICK OF WATCHING YOU LOVE-BIRDS FLIRT WITH EACH OTHER
SFX: BREATHE OUT

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★ダイナミックストレッチ ⑩
スコーピオン（さそり）

下背や大臀筋を伸ばす。腹這いポーズで両腕は横に伸ばし、右足を左側に、左足を右側に、交互に、さそりの尻尾のように振り上げる。

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

43

akili
アキリ

THAT WENT FASTER THAN I EXPECTED
SHALL WE DRINK COFFEE WHILE WE WAIT?
AH.
WE PACKED THE DISHES AWAY
LET'S JUST BET CANNED COFFEE FROM THE VENDING MACHINE BELOW
YOU GO, SENPAI SAKI
HUH?

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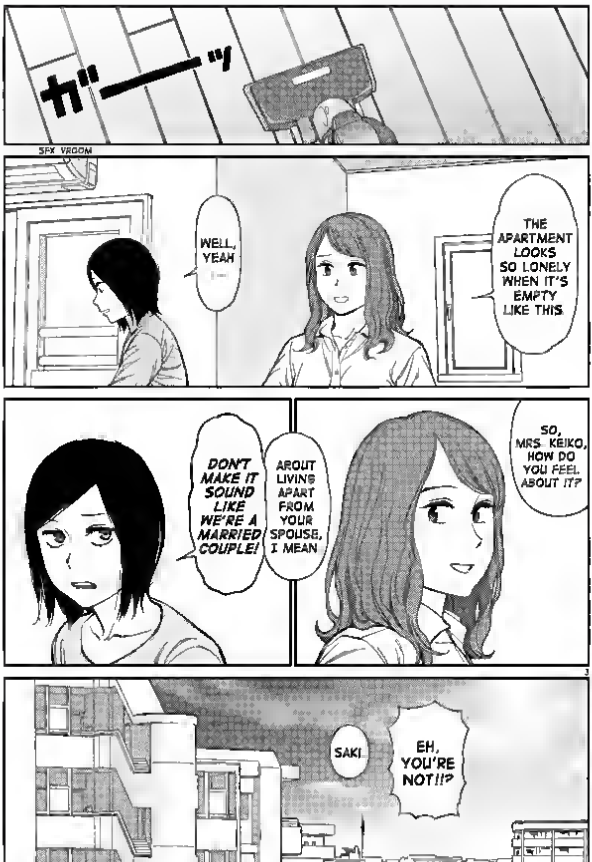
ヴ"ーーー"ン
SFX: VROOM
THE APARTMENT LOOKS SO LONELY WHEN IT'S EMPTY LIKE THIS
WELL, YEAH
SO, MRS. KEIKO, HOW DO YOU FEEL ABOUT IT?
ABOUT LIVING APART FROM YOUR SPOUSE, I MEAN
DON'T MAKE IT SOUND LIKE WE'RE A MARRIED COUPLE!
EH, YOU'RE NOT!!?
SAKI

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SO YOU BROKE UP WITH HIM FOR GOOD THIS TIME, HUH?
歩行者専用
自転車専用
PEDESTRIANS AND CYCLISTS ONLY
I NEED TO FOCUS ON MY JOB RIGHT NOW ANYWAY
YEAH, IT WAS!
BUT WAS IT REALLY A GOOD IDEA?
I DON'T KNOW ABOUT THAT
— WELL I'M SURE YOU'LL RUN INTO EACH OTHER AGAIN SOMEDAY
JR

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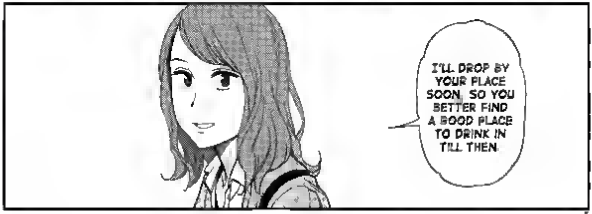

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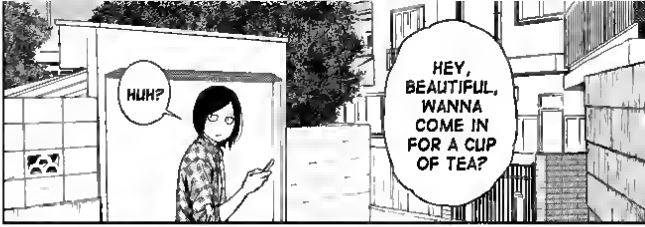
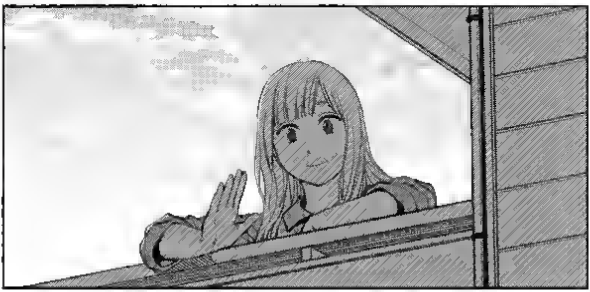
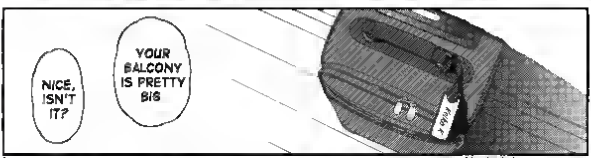
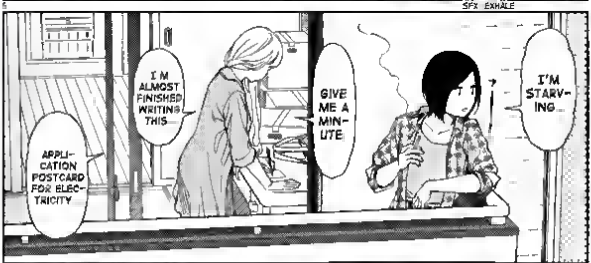






SPA EXHALE



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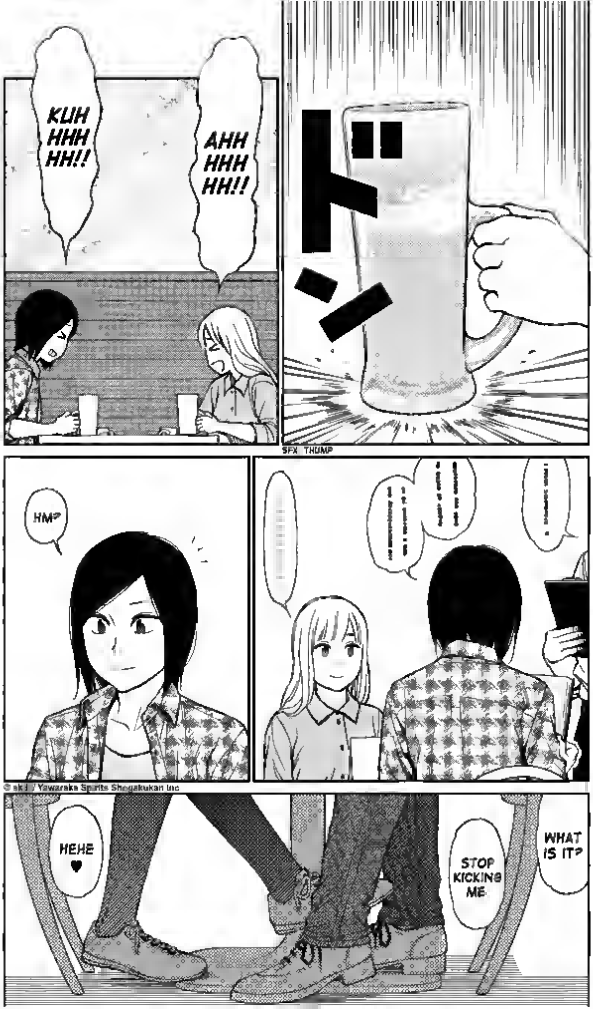

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I'M SORRY

YOU HAD TO OVER-DO IT AT MY LAST EVENING HERE

MAN

SFX: KER-CHAK

MY FLIGHT IS SHORTLY AFTER NOON. BUT I'M PLANNING ON HEADING OUT BEFORE 10 AM BECAUSE I WANT TO BUY SOME THINGS BEFORE THAT

SO, TOMORROW

THANK YOU

HERE, HAVE SOME WATER.

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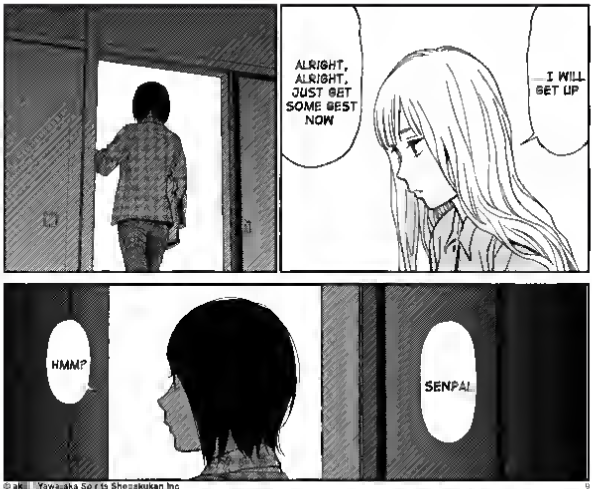
WILL YOU BE ABLE TO GET UP THAT EARLY? YOU CAN SLEEP IN IF YOU WANT.

HAHA.

THEN, LET'S HAVE LUNCH TOGETHER



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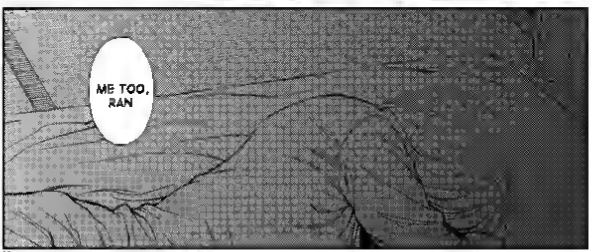

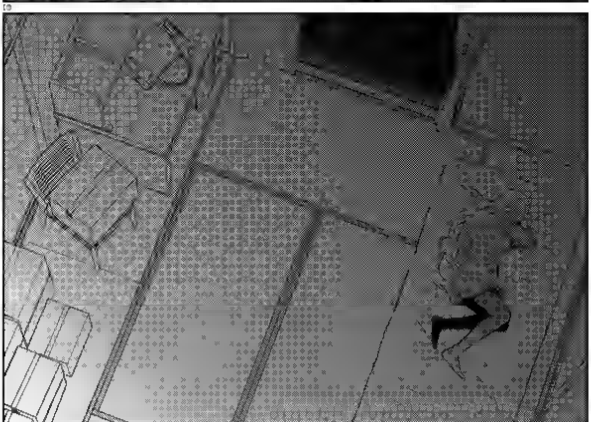

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Stretch
ストレッチ

44

akili
アキリ

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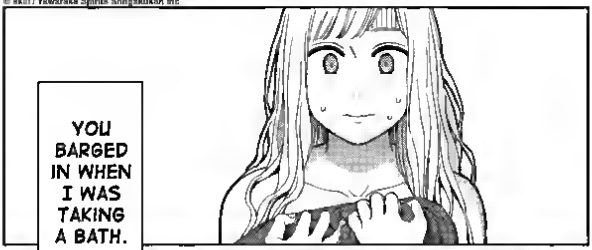

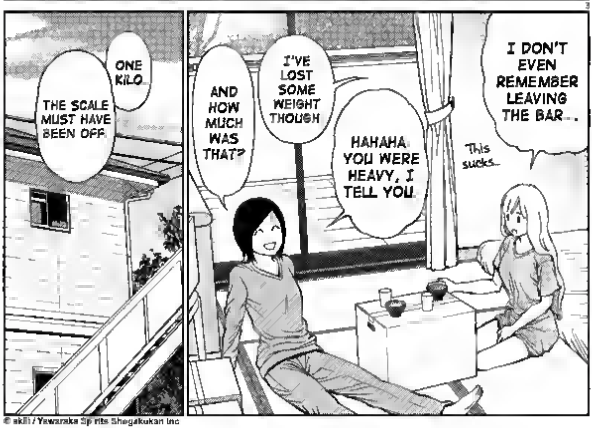
I DON'T EVEN REMEMBER LEAVING THE BAR...
This sucks.
HAHAHA. YOU WERE HEAVY, I TELL YOU.
I'VE LOST SOME WEIGHT THOUGH
AND HOW MUCH WAS THAT?
ONE KILO.
THE SCALE MUST HAVE BEEN OFF.

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I WON'T MISS YOU AT ALL!!
IT'S TIME TO SAY GOOD-BYE, IS ALL.
THE TIMING IS GOOD TOO.
I ALMOST FEEL LIKE THERE'S NO NEED FOR US TO EVER SEE EACH OTHER AGAIN
EHH ..
Why's that?
BECAUSE WE'LL ALWAYS BE FRIENDS NO MATTER WHERE WE ARE, RIGHT!?
YEAH!!

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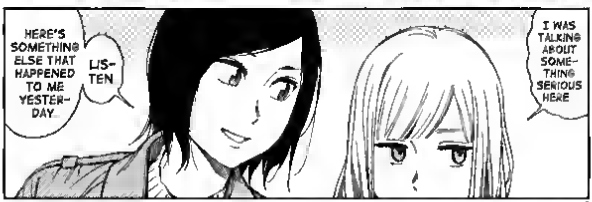

AS IF THAT WASN'T ENOUGH, I NOTICED IT WAS TALKING TO ME IN A SMALL VOICE...

EVEN THOUGH IT GAVE ME THE SHIVERS, I LISTENED CAREFULLY...

JUST WHEN I WAS SHAMPOOING MY HAIR, THE BATHROOM DOOR SUDDENLY OPENED...

I WAS WONDERING WHAT OPENED IT...

WHEN SOMETHING WARM HUGGED ME FROM BEHIND.

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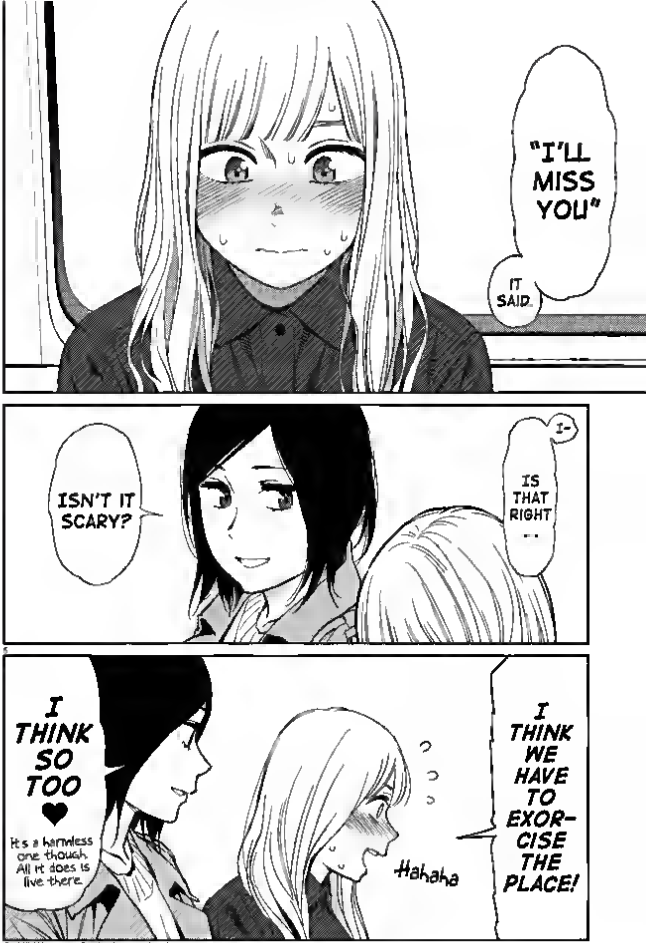
"I'LL MISS YOU"
IT SAID.
I-
IS THAT RIGHT...
ISN'T IT SCARY?
I THINK WE HAVE TO EXORCISE THE PLACE!
Hahaha
I THINK SO TOO ♥
It's a harmless one though. All it does is live there.

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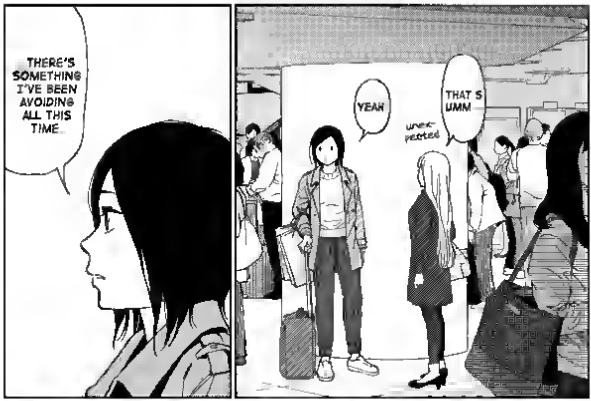

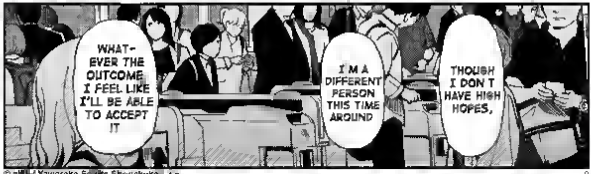
WHATEVER THE OUTCOME, I FEEL LIKE I'LL BE ABLE TO ACCEPT IT
I'M A DIFFERENT PERSON THIS TIME AROUND
THOUGH I DON'T HAVE HIGH HOPES,

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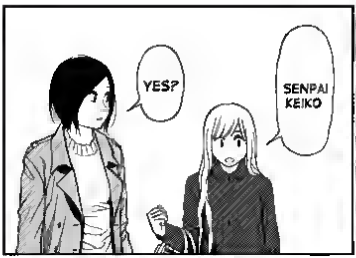

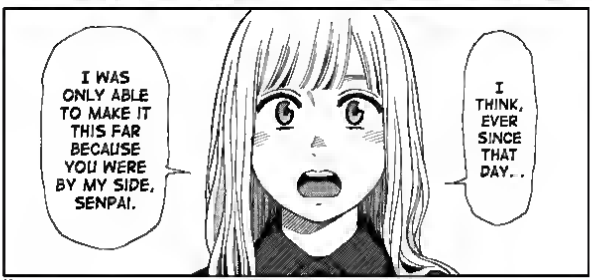

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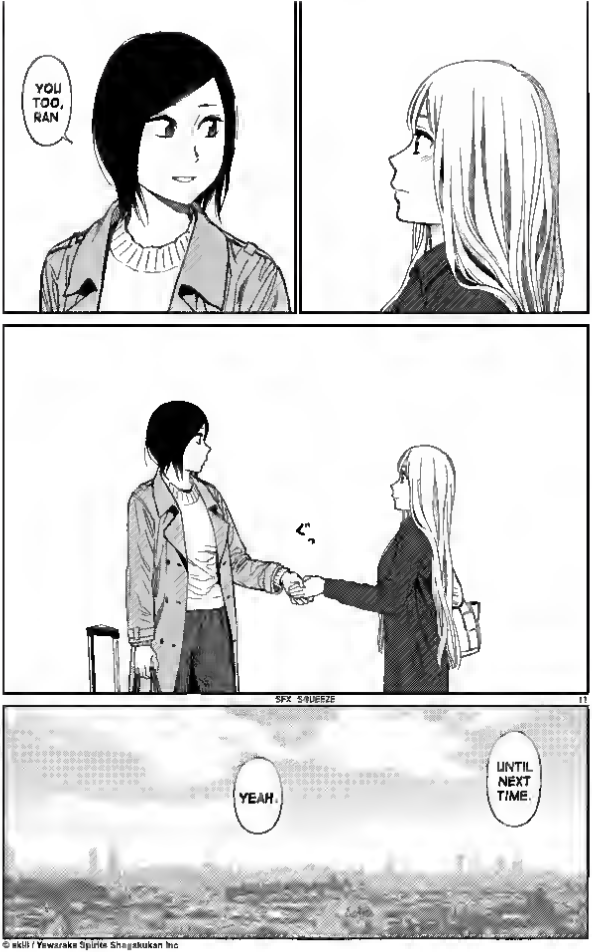

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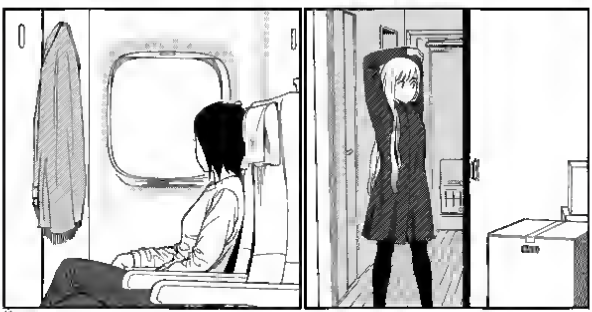

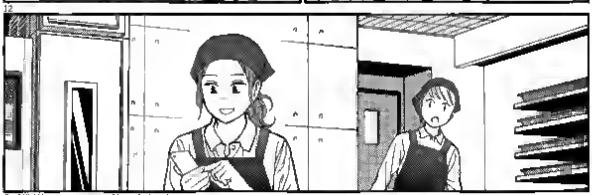

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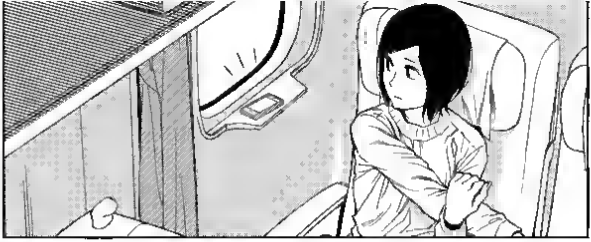

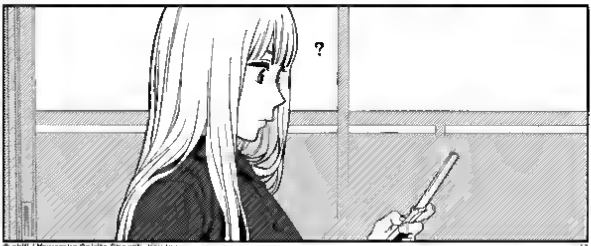

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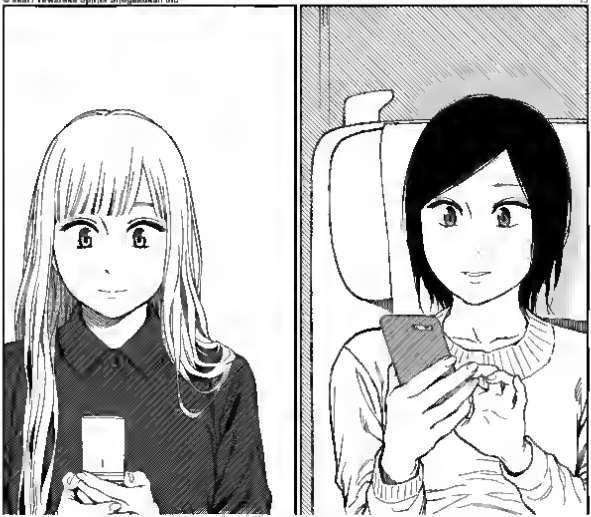

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END

BIG SPIRITS COMICS SPECIAL

Stretch
ストレッチ

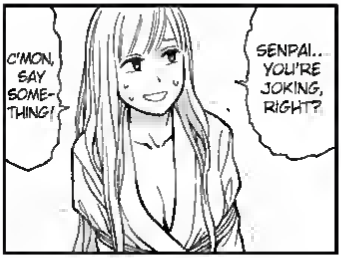
45

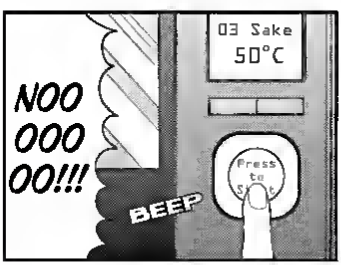
akili
アキリ

WISH
ねがい

STRETCHed

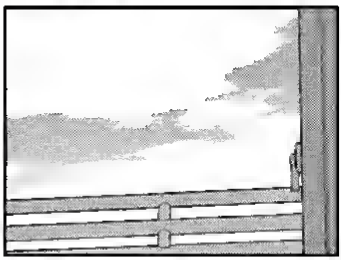
PUNISHMENT
せっかん





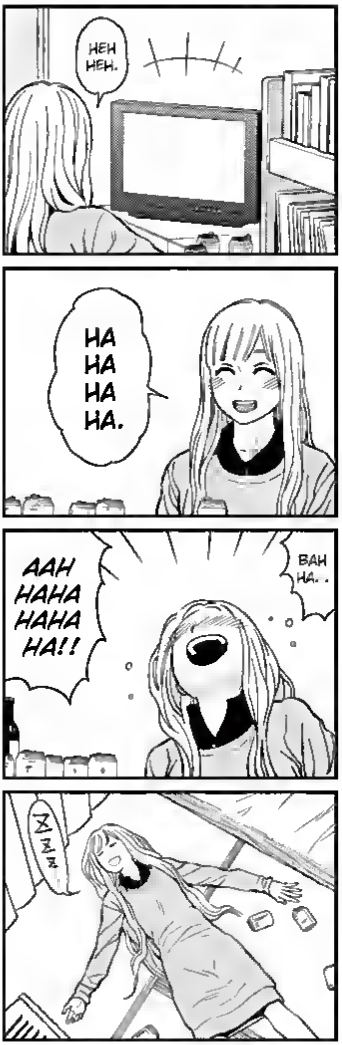
Note: 122°F

GOOD MORNING
グッドモーニング

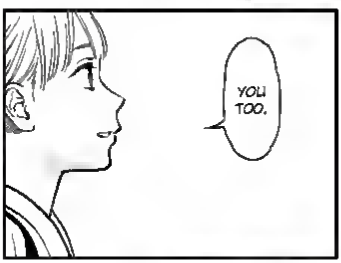


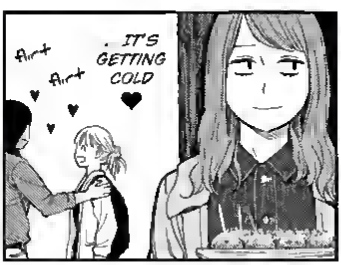
LIVING ALONE • 2
ひとりぐらし・2

LIVING ALONE • 1
ひとりぐらし・1

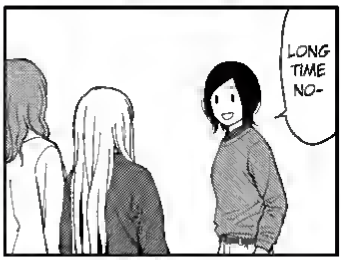


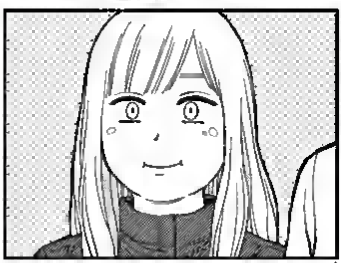
OSAKA
大阪

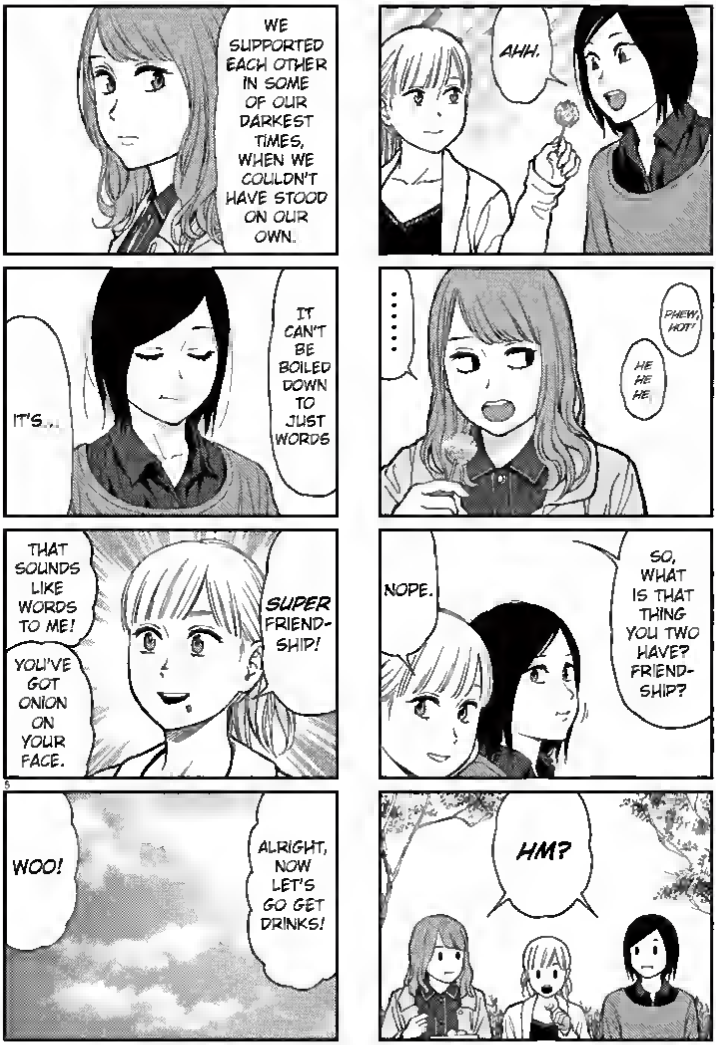




DREAM
ドリーム






WE SUPPORTED EACH OTHER IN SOME OF OUR DARKEST TIMES, WHEN WE COULDN'T HAVE STOOD ON OUR OWN.
AHH.
IT'S...
IT CAN'T BE BOILED DOWN TO JUST WORDS
.....
PHEW, HOT!
HE HE HE
THAT SOUNDS LIKE WORDS TO ME!
YOU'VE GOT ONION ON YOUR FACE.
SUPER FRIEND-SHIP!
NOPE.
SO, WHAT IS THAT THING YOU TWO HAVE? FRIEND-SHIP?
WOO!
ALRIGHT, NOW LET'S GO GET DRINKS!
HM?

★参考文献

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伊藤マモル／監修・山本利春（山海堂）

※本作はストレッチの教則本ではありません。漫画内に出てくるストレッチシーンは、一部デフォルメを含みます。
※痛みを感じる部位のストレッチは、控えるようにしてください。

幕間文／輔老 心

SPECIAL THANKS ／杉本さつ希

ストレッチ 4

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Credits

Author and artist: akili

Notes:

These strips were included at the end of volume 4.

Daiginjo is a kind of sake made with rice that has been heavily polished, at least 50% of the grain has to have been polished off.

The grains are polished because the closer you get to the center, the less protein/fat there is--and the more starch there is. (That's less than ideal when eating rice as a food, but great for brewing sake.)

Daiginjo is kind of fancy and expensive, and generally you're not supposed to drink it hot (though there are some varieties where you can), explaining the reaction there.

Yes, some Japanese microwaves have a setting for heating sake.